

Asheville City Breakfast Menus

Main Line, Breakfast Cart & Breakfast in Classroom (BIC)

September 2019

Families Making the Connection

Crunch into N.C. Fruits and Veggies

It's Fruits & Veggies—More Matters™ Month. Through the N.C. Farm to School Program from the N.C. Department of Agriculture & Consumer Services, school districts can purchase apples, broccoli, blueberries, cabbage, cantaloupes, strawberries, sweet potatoes, tomatoes, and more grown on North Carolina farms to serve through school meals. Make plans now to celebrate Farm to School Month in October with the N.C. Crunch. Kids and adults will be crunching into locally grown apples. For farm to school info and celebration ideas, visit www.farmtoschoolcoalitionnc.org.

Walk to School


The 2019 Walk to School Day is October 2. As students are in back to school mode, it's a great time to think about planning such an event for the school community.

How to Walk, Bike or Wheel to School?

- Involve students of all abilities—students who can walk, bike or use a wheel chair.
- Plan for students who ride the bus to be dropped off 1-2 blocks away from the school. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Visit www.walkbiketoschool.org for more info.



Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
 <p>Main Line Pancake Sausage Stick, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Chilled Fruit, Milk</p> <p>Breakfast Cart/BIC Pancake Sausage Stick, WG</p>	<p>Main Line Cinnamon Roll, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Chilled Fruit, Milk</p> <p>Breakfast Cart/BIC Cinnamon Bar, WG</p>	<p>Main Line Turkey Sausage Biscuit Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Sausage Biscuit, WG</p>	<p>Main Line Berry Parfaits, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Chilled Fruit, Milk</p> <p>Breakfast Cart/BIC Berry Parfaits, WG</p>	<p>Main Line Dunkin Sticks, WG & Egg Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Dunkin Sticks, WG & Egg</p>
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
<p>Main Line Breakfast Breads, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Breakfast Breads, WG</p>	<p>Main Line Cinnamon Roll, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Chilled Fruit, Milk</p> <p>Breakfast Cart/BIC Cinnamon Bar, WG</p>	<p>Main Line Turkey Sausage Biscuit Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Sausage Biscuit, WG</p>	<p>Main Line Berry Parfaits, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Chilled Fruit, Milk</p> <p>Breakfast Cart/BIC Berry Parfaits, WG</p>	<p>Main Line Dunkin Sticks, WG & Egg Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Dunkin Sticks, WG & Egg</p>
Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
<p>Main Line French Toast, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC French Toast Sticks, WG Early Dismissal</p>	<p>Main Line Pancake Sausage Stick, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Chilled Fruit, Milk</p> <p>Breakfast Cart/BIC Pancake Sausage Stick, WG</p>	<p>Main Line Chicken Biscuit Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Chicken Biscuit</p>	<p>Main Line Oatmeal w/ Spiced Apples Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Milk</p> <p>Breakfast Cart/BIC Oatmeal Bun, WG</p>	<p>Main Line Breakfast Pizza, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Breakfast Pizza, WG</p>
Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
<p>Main Line Breakfast Breads, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Breakfast Breads, WG</p>	<p>Main Line Cinnamon Roll, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Chilled Fruit, Milk</p> <p>Breakfast Cart/BIC Cinnamon Bar, WG</p>	<p>Main Line Turkey Sausage Biscuit Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Sausage Biscuit, WG</p>	<p>Main Line Berry Parfaits, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Chilled Fruit, Milk</p> <p>Breakfast Cart/BIC Berry Parfaits, WG</p>	<p>Main Line Dunkin Sticks, WG & Egg Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC Dunkin Sticks, WG & Egg</p>
Monday, September 30	<p>Local Offerings This Month: Apples, Asian Pears & Grape Tomatoes</p>			
<p>Main Line French Toast, WG Or Squeeze & Granola Bar Or Variety of Cereals 100% Fruit Juice, Fresh Fruit, Milk</p> <p>Breakfast Cart/BIC French Toast Sticks, WG</p>	<p style="text-align: center;">Additional Menu Items & Information</p> <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily ▪ Fruits or 100% fruit juice are offered daily at meals ▪ Students may have unlimited amounts of fruits (excludes juice) ▪ Fresh Fruits will be served at least two times per week at breakfast ▪ Breakfast Biscuits offered weekly at High Schools ▪ Elementary Meal Times: 7:15-8:00 am. ▪ Middle School Meal Times: 8:00-8:30 am ▪ High School Meal Times: 8:00-8:45 am 			

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month



Developed by School Nutrition Services, N.C. Department of Public Instruction. NCDPI and USDA are equal opportunity providers and employers. 05/19 <http://childnutrition.ncpublicschools.gov>

Asheville City Preschool Breakfast Menus September 2019

Families Making the Connection

Crunch into N.C. Fruits and Veggies

It's Fruits & Veggies—More Matters™ Month. Through the N.C. Farm to School Program from the N.C. Department of Agriculture & Consumer Services, school districts can purchase apples, broccoli, blueberries, cabbage, cantaloupes, strawberries, sweet potatoes, tomatoes, and more grown on North Carolina farms to serve through school meals. Make plans now to celebrate Farm to School Month in October with the N.C. Crunch. Kids and adults will be crunching into locally grown apples. For farm to school info and celebration ideas, visit www.farmtoschoolcoalitionnc.org.

Walk to School


The 2019 Walk to School Day is October 2. As students are in back to school mode, it's a great time to think about planning such an event for the school community.

How to Walk, Bike or Wheel to School?

- Involve students of all abilities—students who can walk, bike or use a wheel chair.
- Plan for students who ride the bus to be dropped off 1-2 blocks away from the school. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Visit www.walkbiketoschool.org for more info.



Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
 LABOR DAY	Breakfast Pancakes, WG Milk Fruit: _____	Breakfast Chicken Biscuit Milk Fruit: _____	Breakfast Creamy Oatmeal w/ Spiced Apples Milk Fruit: _____	Breakfast Breakfast Pizza, WG Milk Fruit: _____
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
Breakfast Breakfast Bread, WG Milk Fruit: _____	Breakfast Cinnamon Roll, WG Milk Fruit: _____	Breakfast Turkey Sausage Biscuit Milk Fruit: _____	Breakfast Berry Parfaits, WG Milk Fruit: _____	Breakfast Cereal, WG & Boiled Egg Milk Fruit: _____
Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
Breakfast French Toast Sticks, WG Milk Fruit: _____	Breakfast Pancakes, WG Milk Fruit: _____	Breakfast Chicken Biscuit Milk Fruit: _____	Breakfast Creamy Oatmeal w/ Spiced Apples Milk Fruit: _____	Breakfast Breakfast Pizza, WG Milk Fruit: _____
Early Dismissal				
Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
Breakfast Breakfast Bread, WG Milk Fruit: _____	Breakfast Cinnamon Roll, WG Milk Fruit: _____	Breakfast Turkey Sausage Biscuit Milk Fruit: _____	Breakfast Berry Parfaits, WG Milk Fruit: _____	Breakfast Cereal, WG & Boiled Egg Milk Fruit: _____
Monday, September 30	<div style="border: 2px solid green; padding: 5px; display: inline-block;"> Local Offerings This Month: Apples, Asian Pears & Grape Tomatoes </div>			
Breakfast French Toast Sticks, WG Milk Fruit: _____	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Additional Menu Items & Information <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily ▪ Fresh fruits or chilled fruits are served daily at meals ▪ Students may have unlimited amounts of fruits at breakfast ▪ All Preschool meals are served in the classroom family style </div>			

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month



Developed by School Nutrition Services, N.C. Department of Public Instruction. NCDPI and USDA are equal opportunity providers and employers. 05/19 <http://childnutrition.ncpublicschools.gov>