

Asheville City Schools Lunch 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 |
|---|---|--|---|---|
|  | Crispy Chicken Sandwich, WG Or Mini Corn Dogs, WG House Potato Fries Bush's Vegetarian Baked Beans Chilled Fruit Milk | Hearty Chili Or Popcorn Chicken Cornbread Loaf, WG Mashed Potatoes Carrot Coins Fresh Fruit Milk | Breakfast for Lunch Dutch Waffle, WG Or Southern Style Biscuit w/ Peppered Gravy Scrambled Eggs w/ Bacon Hash Brown Rounds 100% Vegetable Smoothie Chilled Fruit Milk | Cheesy Calzone w/ Marinara Or Pepperoni Pizza Garden Salad Golden Corn Fresh Fruit Milk |
| Monday, September 9 | Tuesday, September 10 | Wednesday, September 11 | Thursday, September 12 | Friday, September 13 |
| Chicken Tenders, WG Creamy Macaroni & Cheese Seasoned Collard Greens Bush's Pinto Beans Fresh Fruit Milk | Tex Mex Or Chicken Fajita Tortilla Chips or Wrap, WG Golden Corn Fiesta Beans Chilled Fruit, Milk | Salisbury Steak Sister Schubert Roll, WG Mashed Potatoes w/ Gravy Green Beans Spiced Apples Milk | Teriyaki Beef Chow Mein Noodles Steamed Broccoli Ginger Glazed Carrots Chilled Fruit Milk | Galaxy Deep Dish Pizza, WG Or Cheese Pizza, WG Garden Salad Golden Corn Fresh Fruit Milk |
| Monday, September 16 | Tuesday, September 17 | Wednesday, September 18 | Thursday, September 19 | Friday, September 20 |
| Bagged Lunch Early Dismissal | Cheeseburger, WG Lettuce/Tomato/Pickle Or Pulled Pork Sandwich Sweet Potato Fries Coleslaw Chilled Fruit, Milk | Spaghetti w/ Meat Sauce Garlic Breadstick Caesar Salad Parmesan Roasted Broccoli Fresh Fruit Milk | Mandarin Chicken w/ Asian Rice Vegetable Medley Green Peas Chilled Fruit Milk | Stuffed Crust Pizza, WG Cheese or Pepperoni Garden Salad Golden Corn Fresh Fruit Milk |
| Monday, September 23 | Tuesday, September 24 | Wednesday, September 25 | Thursday, September 26 | Friday, September 27 |
| Mini Mozzarella Bites Or Meatball Sub Garden Salad Straight Cut Fries Fresh Fruit Milk | Breakfast for Lunch Dutch Waffle, WG Or Southern Style Biscuit w/ Peppered Gravy Scrambled Eggs w/ Bacon Hash Brown Rounds 100% Vegetable Smoothie Chilled Fruit Milk | Manager's Choice! | Hearty Chili Or Popcorn Chicken Cornbread Loaf, WG Mashed Potatoes Carrot Coins Fresh Fruit Milk | Cheese or Pepperoni Pizza, WG Straight Cut Fries Baby Carrots w/ Dip Fresh Fruit Milk |
| Monday, September 30 | Crispy Chicken Sandwich, WG Or Mini Corn Dogs, WG House Potato Fries Bush's Vegetarian Baked Beans Chilled Fruit Milk | Local Offerings This Month: Apples, Asian Pears & Grape Tomatoes | | |

Additional Menu Items:

- 1% unflavored and flavored milk offered daily
- Students may have unlimited amounts of fruits and vegetables at lunch (excludes potatoes and juice)
 - Local fruits and veggies served weekly

Additional Weekly Entrees Offered:

- Sun butter & Jelly (Peanut Free) or Grilled Cheese Sandwiches (Elementary)
- Yogurt, Variety of Flavors & Graham Crackers (Elementary)
 - Cheese & Pepperoni Pizza (AMS & AHS/SILSA Only)
 - Spicy Chicken Sandwiches (AMS & AHS/SILSA Only)

September will feature Fresh Boxed Salads at all Schools!

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 Lunch Menus September 2019

Families Making the Connection

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- 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 |
|---|--|--|---|--|
|  | Crispy Chicken Sandwich, WG Bush's Vegetarian Baked Beans Milk Fruit: _____ Snack: Sunflower Seeds & Fresh Fruit | Hearty Chili Cornbread Loaf, WG Mashed Potatoes Fresh Fruit Milk Snack: Cheese Stick, Wafer Crackers, WG | Breakfast for Lunch Dutch Waffle, WG Scrambled Eggs Hash Brown Rounds Milk Fruit: _____ Snack: Fish Crackers & Yogurt Tube | Cheesy Calzone w/ Marinara Garden Salad Fresh Fruit Milk Snack: Scooby Doo Crackers & Milk |
| Monday, September 9 | Tuesday, September 10 | Wednesday, September 11 | Thursday, September 12 | Friday, September 13 |
| Chicken Tenders, WG Creamy Macaroni & Cheese Seasoned Collard Greens Fresh Fruit, Milk Snack: Sunchips & Apple Slices | Tex Mex Beef Nachos Tortilla Chips, WG Golden Corn Milk Fruit: _____ Snack: Nutrigrain Bar & Fresh Fruit | Salisbury Steak Sister Schubert Roll, WG Mashed Potatoes w/ Gravy Spiced Apples Milk Snack: Yogurt Tube, Giant Cinnamon Fish Cracker, WG | Teriyaki Beef Chow Mein Noodles Steamed Broccoli Milk Fruit: _____ Snack: Popcorn & Fresh Fruit | Galaxy Deep Dish Pizza, WG Garden Salad Fresh Fruit Milk Snack: Bug Bites Crackers & Milk |
| Monday, September 16 | Tuesday, September 17 | Wednesday, September 18 | Thursday, September 19 | Friday, September 20 |
| Bagged Lunch Early Dismissal | Cheeseburger, WG Lettuce/Tomato/Pickle Sweet Potato Fries Milk Fruit: _____ Snack: Sunflower Seeds & Fresh Fruit | Spaghetti w/ Meat Sauce Garlic Breadstick, WG Parmesan Roasted Broccoli Fresh Fruit Milk Snack: Cheese Stick, Wafer Crackers, WG | Mandarin Chicken w/ Asian Brown Rice, WG Green Peas Milk Fruit: _____ Snack: Fish Crackers & Yogurt Tube | Stuffed Crust Cheese Pizza Garden Salad Fresh Fruit Milk Snack: Scooby Doo Crackers & Milk |
| Monday, September 23 | Tuesday, September 24 | Wednesday, September 25 | Thursday, September 26 | Friday, September 27 |
| Mini Mozzarella Bites, WG Garden Salad Fresh Fruit Milk Snack: Sunchips & Apple Slices | Breakfast for Lunch Dutch Waffle, WG Scrambled Eggs Hash Brown Rounds Milk Fruit: _____ Snack: Nutrigrain Bar & Fresh Fruit | Manager's Choice! One entrée Vegetable Grain Fresh Fruit Milk Snack: Yogurt Tube, Giant Cinnamon Fish Cracker, WG | Hearty Chili Cornbread Loaf, WG Mashed Potatoes Fresh Fruit Milk Snack: Popcorn & Fresh Fruit | Cheese Pizza Baby Carrots w/ Dip Fresh Fruit Milk Snack: Bug Bites Crackers & Milk |
| Monday, September 30 | <div style="border: 2px solid green; padding: 10px; display: inline-block;"> Local Offerings This Month: Apples, Asian Pears & Grape Tomatoes </div> | | | |
| Crispy Chicken Sandwich, WG Bush's Vegetarian Baked Beans Fresh Fruit Milk Snack: Snack Mix & Fresh Fruit | | | | |

Additional Menu Items & Information:

- 1% unflavored milk offered daily
- Local fruits and veggies served weekly
- All lunch meals are served in the classroom family style

September

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



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After School Snack Menu September 2019

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|---|---|--|--|-------------------------------|
|  | Sunflower Seeds & 6 oz Juice | Cheese Stick Wafer Crackers, WG | Yogurt Tube Cereal Pouch | Chocolate Chip Cookie Milk |
| Monday, September 9 | Tuesday, September 10 | Wednesday, September 11 | Thursday, September 12 | Friday, September 13 |
| Sunchips & Apple Slices | Nutrigrain Bar 6 oz Juice | Cheese Stick Giant Cinnamon Fish Cracker | Popcorn & Fresh Fruit | Chocolate Chip Cookie Milk |
| Monday, September 16 | Tuesday, September 17 | Wednesday, September 18 | Thursday, September 19 | Friday, September 20 |
| Early Dismissal | Sunflower Seeds & 6 oz Juice | Cheese Stick Wafer Crackers, WG | Yogurt Tube Cereal Pouch | Chocolate Chip Cookie Milk |
| Monday, September 23 | Tuesday, September 24 | Wednesday, September 25 | Thursday, September 26 | Friday, September 27 |
| Sunchips & Apple Slices | Nutrigrain Bar 6 oz Juice | Cheese Stick Giant Cinnamon Fish Cracker | Popcorn & Fresh Fruit | Chocolate Chip Cookie Milk |
| Monday, September 30 | | | | |
| Snack Mix & Fresh Fruit | Local Offerings This Month: Apples, Asian Pears & Grape Tomatoes | | Additional Menu Items & Information: After school snacks are served at the following locations: Asheville Middle School Montford North Star Academy Hall Fletcher Elementary Marvelous Math Club, Pisgah View Apartments | |

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