





October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Idaho Haystacks Fresh Veggies Sliced Pears Cinnamon Bread Milk</p>	<p>5 Chicken Sandwich Salad w/Ranch Salad Topping Fruit Milk</p> 	<p>6 Beef Taco Corn—Salsa Applesauce Pumpkin Cookies Milk</p>	<p>7 Chicken Fried Steak Potatoes and Gravy Green Beans Whole Grain Roll Fruit—Milk</p>	<p>8 1946 President Harry Truman signs the National School Lunch Act, which establishes the National School Lunch Program (NSLP).</p>
<p>11 Sloppy Joes Sidewinder Fries Baby Carrots Fruit Milk</p>	<p>12 Fajita Chicken Wrap Rio Beans Tortilla Chips Applesauce Milk</p>	<p>13 Chicken Strips Biscuits and Gravy Potatoes—Green Beans Orange Slices Milk</p>	<p>14 Mini Corn Dogs Mac and Cheese Steamed Veggies Peaches Milk</p> 	<p>The most popular Halloween candy in America is... Believe it or not, Skittles! According to September 2019 data from candystore.com, Americans purchase an average of 3.3 million pounds of the chewy rainbow candies every Halloween. They're also the most popular candy in the most populous state, California. Reese's peanut butter cups came in a close second with 3 million pounds—and the love of the second-most populous state, Texas.</p>
NATIONAL SCHOOL LUNCH WEEK—WILD ABOUT SCHOOL LUNCH				
<p>18 Beef Burrito Refried Beans—Tortilla Chips Fresh Veggies Fruit Milk</p>	<p>19 Pulled Pork on a Bun Cheesy Diced Potatoes Spicy Coleslaw Fruit Milk</p> 	<p>20 Chicken Nuggets Pasta w/Marinara Sauce Broccoli Whole Grain Bread Fruit Milk</p>	<p>21 Chicken Legs Mashed Potatoes w/Gravy Steamed Veggies Apple Slices Whole Grain Bread Milk</p>	
<p>25 Hamburger on a Bun French Fries Hamburger Toppings Applesauce Milk</p>	<p>26 Cheese Yum Yum's Tomato Soup Veggies and Hummus Fruit Milk</p>	<p>27 Spicy Beef Pasta Salad w/toppings Ranch Dressing Garlic Bread Sticks Fruit Milk</p>	<p>28 Whole Grain Dog Tater Tots Fresh Veggies Sidekicks Halloween Dessert Milk</p>	

Because of the availability of some food items the menu may change without notice.

The National School Lunch Program

What the National School Lunch Program means to your child ...It

is important for kids to get a healthy, balanced diet for proper growth and development. Did you know that eating lunch at school is a great way for your child to get one-third of his or her recommended daily nutrients?

Notus Food Service wants to help you and your child understand the National school Lunch Program. Did you know that there are specific guidelines that need to be met on a daily basis? It is important to help your child understand there are 5 food groups, and all 5 are offered daily. Students are offered one serving of meat, grains, fruit, vegetable and milk daily. From these five they are offered, they must take at least three different components to make up a complete, reimbursable meal as part of the National School Lunch Program.

One of their three choices must be a fruit or vegetable. Sometimes one food item includes two food components. These are referred to as "Combination Foods". Examples of combination foods include a chicken sandwich, chef salad, turkey wrap or spaghetti with meat sauce. If a student takes a chicken sandwich, apple and milk this is considered a complete meal. This meal has 4 food groups, meat, grain, fruit and milk. All meals are priced as a unit and in turn students pay the same price whether they choose 3, 4 or all 5 items. Students are offered five options and must choose at least three with one of the options being a fruit or vegetable. A variety of fruit and vegetables are offered daily. Your child only has to take one but may choose to take a fruit and a vegetable. Please take a few moments to talk to your child about the importance of choosing from all 5 food groups. The Notus Foodservice is pleased to be serving and making lunch a healthy part of your child's school day.

