

# WHAT'S FOR LUNCH

FOOD & NUTRITION SERVICES  
MONTHLY NEWSLETTER

Serving Food, Changing Lives  
October Issue #23



**SCHOOL LUNCH PIRATES  
FIND YOUR TREASURE!**  
OCTOBER 14-18, 2024

**JOIN US, AS WE CELEBRATE NATIONAL  
SCHOOL LUNCH WEEK STARTING  
MONDAY OCTOBER 14TH!**

**WE HAVE A FUN MENU PLANNED WITH NEW  
ITEMS AND TREATS**

## Seasonal Harvest PEARS

There are more than 3,000 pear varieties!  
Great source of Antioxidants  
(Healthy Skin & Heart)  
Great source of fiber  
(Healthy Digestive System)



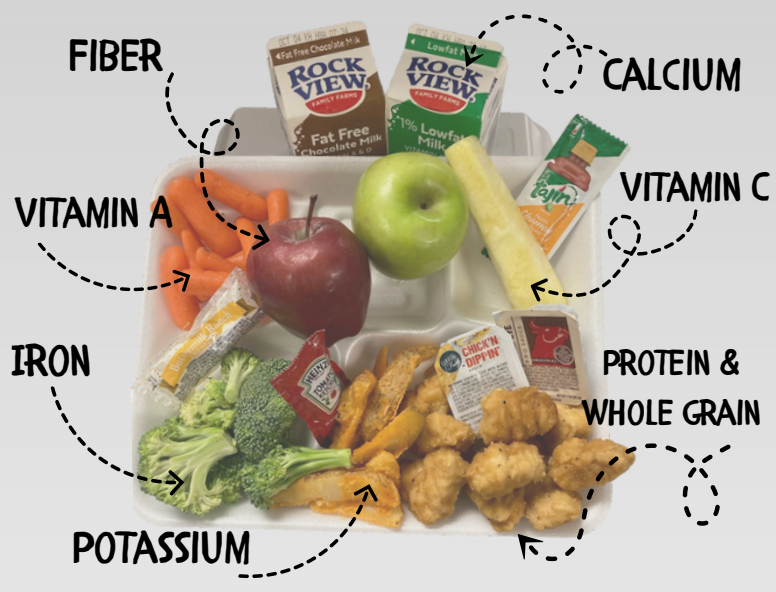
CHILI & CHEESE  
NACHOS

## October FEATURED MENU

DUTCH WAFFLE



## Wellness Corner



### NATIONAL SCHOOL LUNCH WEEK!

- MEALS CONTAIN 1/3 OF THE RECOMMENDED DIETARY ALLOWANCE OF NECESSARY NUTRIENTS.
- MEAL PATTERNS REQUIRE DAILY AND WEEKLY AMOUNTS OF FIVE FOOD COMPONENTS FOR LUNCH : MILK, FRUITS, VEGETABLES, GRAINS, AND MEAT/MEAT ALTERNATES
- THREE FOOD COMPONENTS FOR BREAKFAST: MILK, FRUITS, AND GRAINS.

## Rincon de Bienestar

### SEMANA NACIONAL DE ALMUERZO ESCOLAR

- LAS COMIDAS CONTIENEN 1/3 DE LA CANTIDAD DIARIA RECOMENDADA DE NUTRIENTES NECESARIOS
- LAS GUIAS DE COMIDA REQUIEREN CANTIDADES DIARIAS Y SEMANALES DE CINCO COMPONENTES ALIMENTICIOS PARA EL ALMUERZO: LECHE, FRUTAS, VERDURAS (GRANOS, Y CARNES/CARNES ALTERNATIVAS).
- TRES COMPONENTES ALIMENTICIOS PARA EL DESAYUNO: LECHE, FRUTAS Y GRANOS



ONLINE MENUS

