

## Food Bytes

### Crunch into N.C. Fruits & Veggies

It's Fruits & Veggies—More Matters™ Month—a great time to enjoy all the fruits and veggies grown in our state. Through the N.C. Farm to School Program schools can buy apples, blueberries, broccoli, sweet potatoes, tomatoes and more to serve in school meals. Sign up now to participate in the N.C. Crunch next month, when students across the state will crunch into locally grown produce to celebrate Farm to School Month.

**Nutrilink:** For N.C. Crunch and farm to school info and celebration ideas, check out [www.farmtoschoolcoalitionnc.org](http://www.farmtoschoolcoalitionnc.org).

### Do You Walk to School?

Kids all over the world will walk, bike or roll in a wheel chair to school on Walk to School Day. Plan an event for your school. Here are some tips to help:

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. 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.

**Nutrilink:** [www.walkbiketoschool.org](http://www.walkbiketoschool.org)

## Breakfast for September 2021

Monday, August 30	Tuesday, August 31	Wednesday, September 1	Thursday, September 2	Friday, September 3
French Toast Sticks with Syrup or Assorted Cereal with Graham Crackers  Banana Orange Juice Low Fat or Skim Milk	Breakfast Pizza or Grits with Blueberry Muffin  Apple Juice Pineapple Chunks Low Fat or Skim Milk	Sausage, Toast and Cheesy Grits or Yogurt with Graham Crackers  Orange Juice Applesauce Low Fat or Skim Milk	Ham Biscuit or Assorted Cereal with Bagel  Orange Apple Juice Low Fat or Skim Milk	<b>Teacher Workday</b>
Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
<b>School Holiday</b>	Breakfast Pizza or Cereal Bar with String Cheese  Orange Juice Mixed Fruit Low Fat or Skim Milk	Waffles with Syrup or Oatmeal with Bagel  Apple Juice Banana Low Fat or Skim Milk	Sausage, Toast and Cheesy Grits or Yogurt with Graham Crackers  Apple Slices Orange Juice Low Fat or Skim Milk	Egg Patty with Cheese Biscuit or Assorted Cereal with Muffin  Tropical Fruit Apple Juice Low Fat or Skim Milk
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
French Toast Sticks with Syrup or Assorted Cereal with String Cheese  Raisins Orange Juice Low Fat or Skim Milk	Breakfast Pizza or Assorted Cereal with Toast  Apple Juice Peach Cup Low Fat or Skim Milk	Sausage, Toast and Cheesy Grits or Yogurt with Graham Crackers  Orange Wedges Apple Juice Low Fat or Skim Milk	Sausage Biscuit or Assorted Cereal with Bagel  Banana Orange Juice Low Fat or Skim Milk	Pancake Pup or Assorted Cereal with Cheese Cubes  Mixed Fruit Orange Juice Low Fat or Skim Milk
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
Sausage, Toast and Cheesy Grits or Yogurt with Graham Crackers  Apple Slices Orange Juice Low Fat or Skim Milk	Breakfast Pizza or Assorted Cereal with Toast  Apple Juice Diced Pears Low Fat or Skim Milk	Waffles with Syrup or Cereal Bar with String Cheese  Orange Juice Banana Low Fat or Skim Milk	Breakfast Bagel or Assorted Cereal with Toast  Orange Juice Peach Cup Low Fat or Skim Milk	Mini Pancakes or Assorted Cereal with String Cheese  Oranges Apple Juice Low Fat or Skim Milk
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	Friday, October 1
French Toast Sticks with Syrup or Assorted Cereal with Graham Crackers  Banana Orange Juice Low Fat or Skim Milk	Breakfast Pizza or Grits with Blueberry Muffin  Apple Juice Pineapple Chunks Low Fat or Skim Milk	Sausage, Toast and Cheesy Grits or Yogurt with Graham Crackers  Orange Juice Applesauce Low Fat or Skim Milk	Ham Biscuit or Assorted Cereal with Bagel  Orange Apple Juice Low Fat or Skim Milk	Pancake Pup or Assorted Cereal with String Cheese  Raisins Orange Juice Low Fat or Skim Milk

## September

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



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>