



TESG LUNCH Menus for October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 WW Spaghetti W/ Vegetables Green Beans WW Roll Fruit Milk	October 2 Crispy Chicken Wrap W/Cheese & Lettuce Mixed Vegetables Baked Tater Tots Fruit Milk
October 5 Deli Chicken on WW Bun W/Cheese Shredded Garden Salad Diced Peaches Milk	October 6 WW Turkey Tacos W/Cheese Mixed Vegetables Black Beans Mixed Fruit Milk	October 7 WG Chicken Nuggets Mashed Potatoes Vegetable Medley WW Roll Fresh Fruit Milk	October 8 WW Beefaroni (Ground Turkey)W/ Vegetables Green Beans Mango Chunks Milk	October 9 WW Cheese Pizza Cucumber & Carrot Salad Pineapple Tidbits Apples Milk
October 12 Deli Turkey on WW Bun W/Cheese Garden Salad Mandarin Oranges Milk	October 13 WW Chicken Fajitas W/Peppers Brown Rice Pinto Beans Diced Peaches Milk	October 14 WG Baked Chicken Nuggets Mashed Potatoes Sweet Peas WW Roll Fresh Fruit Milk	October 15 Hot Dog on WW Bun Baked French Fries Green Beans Fresh Fruit Milk	October 16 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk
October 19 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk	October 20 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk	October 21 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk	October 22 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk	October 23 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk
October 26 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk	October 27 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk	October 28 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk	October 29 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk	October 30 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk

Families Making the Connection

School Lunch Takes Center Stage

Step right up to celebrate National School Lunch Week October 12-16! The #NSLW2026 theme is "Cafeteria Circus", which offers an opportunity to both highlight how nutrition should take center stage for students and recognize our talented School Nutrition professionals who keep the show going each day with school lunch. Students can explore a world of flavors and foods under the big top in their school café to help them succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2026 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2026 and all month, let's recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. For more info about school meals and NSLW, go to www.schoolnutrition.org.

