

JUNIOR CHEF

NC

COMpetition

2022



Apex High

Wake County Public Schools



Sope

A popular street snack featured in Mexico, a family favorite of many. A masa based baked shell is topped with refried black beans, seasoned chicken, pineapple salsa, lettuce and red cabbage, sprinkled with queso fresco, and drizzled with authentic Mexican crema.

Ashe County High

Ashe County Schools



Lasagna Wrap-Ups

Sauteed beef, onions, peppers and spinach are blended with ricotta, parmesan and pepper jack to fill these lasagna wrap-ups. Covered in tomato sauce and mozzarella and baked, these wrap-ups come together in no time and couldn't be more delicious.



Monroe High

Union County Public Schools



Teriyaki Sunset

This dish is a flavorful combination of Mediterranean and Asian fusion. Keeping it light with the sautéed vegetables, the chicken is packed full of tastiness.

Parkwood High

Union County Public Schools



Lasagna Roll-ups with Creamy Balsamic Vinaigrette Simple Salad

A great twist on traditional lasagna, an individual whole grain pasta packet is filled with 3 types of cheese, covered with a tasty meat sauce and baked until tender and then served alongside a creamy balsamic vinaigrette simple salad.

Swain County High Swain County Schools



Shredded Chicken Tacos

Warm corn tortillas are loaded with juicy shredded chicken, black beans and onion. Each taco is topped with fresh tomato, avocado, sour cream, cilantro and a squeeze of lime balancing out the flavors of this dish.

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.