

# [Insert Public School Unit] Breakfast Menus for November 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | November 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| November 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| November 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| November 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| November 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Celebrate #NCFarmers from the Mountains to the Sea!

In 2023, the North Carolina General Assembly established the second Thursday in November as N.C. Farmer Appreciation Day as an opportunity to thank all our farmers and farm families. The inaugural event is November 14, 2024.

North Carolina is rich in agriculture from the mountains to the sea. The farmers that produce food, fiber, and fuel in our state do so with heart and pride. Learn more and find resources to celebrate our farmers and all they produce at <https://www.ncfarmerappreciation.com>. Recognize and thank #NCFarmers on social media using #NCFarmersAppreciationDay and #MountainstoSea. Tag @NCFarmersAppreciationDay.

Did you know?

* Agriculture is North Carolina’s #1 industry with an economic impact of over $100 billion dollars annually.
* There are 74,062 farmers and 46,000 farms in the state. 1,827 are centennial farms and 27 are bicentennial.
* N.C. ranks 3rd for agriculture diversity and is a top producer of sweetpotatoes, cucumbers, eggs, poultry, pork, and more.
* Most North Carolina schools participate in farm to school activities and serve locally grown foods in school meals.

**Nutrilink:** Learn more at [https://www.ncfb.org/ag-in-the-classroom,](https://www.ncfb.org/ag-in-the-classroom,%20%20) <https://gottobenc.com>, and <https://ncfarmtoschool.com>.

A collage of fruit

Description automatically generated

# [Insert Public School Unit] Lunch Menus for November 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | November 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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