

# [Insert Public School Unit] Breakfast Menus for November 2022

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  | November 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 4 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 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 11 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 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 18 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 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 25 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 | November 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |

## Nutrition Byte

### Sweetpotatoes – A s-w-e-e-t choice and a super food!

Did you know the sweetpotato is our State Veggie? The sweetpotato became the N.C. State Vegetable in 1995 after students at Elvie Street School in Wilson wrote letters to the N.C. General Assembly.

Did you know sweetpotatoes and potatoes are different? Both are vegetables, but sweetpotatoes are roots and potatoes are underground stems called tubers. Sweetpotatoes can be orange, white, beige, yellow, pink, purple, violet, or red in color.

Did you know that sweetpotatoes are not grown from seeds? They are grown from the sprouts of a bedded root call a “slip”. They grow underground throughout the summer and are harvested in the fall

Did you know all the sweetpotato is edible, even the skin? Sweetpotatoes can be eaten fresh or cooked. Often, they are served baked, mashed, or fried, but they can be steamed, boiled, microwaved, pureed, stir fried, sauteed or juiced. Wash raw sweetpotatoes before preparing, cutting, or eating. A medium sweetpotato has about 100 calories. Sweetpotatoes are nutrient-rich. They contain beta-carotene, vitamins A and C, manganese, and fiber. They are cholesterol free and low in fat and sodium. Enjoy a sweetpotato today! **Nutrilink**: Learn more at <https://bit.ly/3c30kws>.



# [Insert Public School Unit] Lunch Menus for November 2022

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  | November 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | November 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | November 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | November 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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