

# [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 |  |  |

## Families Making the Connection

### Sweetpotatoes – Our State Veggie

Did you know North Carolina is the #1 producer of sweetpotatoes in the United States? Over 50 percent of U.S. grown sweetpotatoes are from North Carolina.

Sweetpotatoes differ from potatoes. 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.

In North Carolina, sweetpotatoes can be planted in May and June. Instead of planting seeds, sweetpotatoes are grown from the sprouts of a bedded root called “slips”. Sweetpotatoes 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 under clean, running water 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. Learn more about sweetpotatoes and other North Carolina-grown produce at <https://bit.ly/3c30kws>. Enjoy a sweetpotato today!



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| --- | --- | --- | --- | --- |
|  | 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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