

# [Insert Public School Unit] Breakfast Menus for November 2023

| **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 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 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 10 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 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 17 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 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | November 24 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 | November 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |

## Nutrition Byte

### N.C. Jr. Chefs Create New School Meal Recipes

Did you know North Carolina has a N.C. Junior Chef Competition? Teams of two to four high school students, grades 9-12, work with their teachers and local School Nutrition Programs to create a recipe for a school lunch entrée that:

* adheres to National School Lunch Program requirements,
* includes at least two North Carolina-grown ingredients and one USDA Foods item, and
* appeals to students.

Based on applications and recipes submitted, up to eight finalist teams are selected to compete in a statewide cook-off. The first-place team advances to the Southeast Jr. Chef Competition. Student Jr. Chefs receive chef hats, coats and aprons, certificates, and medals based on team score. Student members of the top three teams at the state and regional level are offered scholarships. Over the years, students have created innovative, delicious recipes! Learn more at <https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/sn-news-events/north-carolina-jr-chef-competition>



# [Insert Public School Unit] Lunch Menus for November 2023

| **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 |
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