

FROM THE GROUND UP

Building Strong School Nutrition Programs



Menus

October 21-23, 2026

October 21: Lunch – Carolina Table

Cole Slaw *[NC K-12 Culinary recipe]*
 Roasted Red Potato Salad *[NC K-12 Culinary recipe]*
 Southern Fried Chicken
 Pulled BBQ Pork with Vinegar Sauce
 Baked Beans (vegetarian)
 Hoppin John (vegetarian)
 Hush Puppies
 Potato Buns
 Apple Cobbler
 Banana Pudding

October 21: PM Snack Break & Social

Popcorn Variety
 Apple Cider
 Sweet Potato Spice Squares *[NC K-12 Culinary recipe]*

October 22: Carolina Continental Buffet Breakfast

Chilled Orange, Apple, Grapefruit & Cranberry Juice
 Seasonal Fruit and Berry Yogurt Parfaits *[NC K-12 Culinary recipe]*
 Granola
 Assorted Fresh Breakfast Breads: Danish, Muffins, Bagels w/ Butter Cream Cheese and Jelly
 Coffee (regular and decaf), Assorted Hot Teas, and Water

October 22: AM Snack Break

Assorted Fresh Breakfast Breads: Danish, Muffins, Bagels w/ Butter Cream Cheese and Jelly
 Coffee (regular and decaf), Assorted Hot Teas, and Water

October 22: Lunch – South of the Border

Field Greens with Grape Tomatoes, Cucumbers & Choice of Sriracha Ranch *[NC K-12 Culinary recipe]*,
 or Balsamic Dressing
 Spanish Rice *[NC K-12 Culinary recipe]*
 Refried Beans
 Seasoned Beef *[NC K-12 Culinary recipe]*, Taco Shells and Flour Tortillas
 Chicken Fajitas
 Sour Cream, Black Olives, Guacamole, Pineapple Salsa *[NC K-12 Culinary recipe]*, Shredded Cheese,
 Lettuce, Jalapenos, Diced Tomatoes
 Tortilla Chips with Conqueso Dip

Fruit Platter with Honey Lime Dip
Churros
Coffee (regular and decaf) and Hot Tea
Iced Tea (unsweetened) and Water

October 22: PM Snack Break & Social

Assorted Cookies
Coffee (regular and decaf)
Fresh NC Apples

October 23: Carolina Sunrise Buffet Breakfast

Juices: Orange, Apple, Grapefruit & Cranberry
Bagels w/ Butter Cream Cheese and Jelly
Peachy Sheet Pancakes *[NC K-12 Culinary recipe]*
Blueberry Crisp *[NC K-12 Culinary recipe]*
Seasonal Sliced Fresh Fruit
Fluffy Scrambled Eggs
Bacon
Sausage Links
Grits
Home Fried Potatoes
Coffee (regular and decaf), Assorted Hot Teas, and Water

Please include any special dietary needs during registration, and confirm these needs during conference check-in. Menus and recipes subject to change.