



Lee County Preschool Schools Menus for November 2023 revised

Monday	Tuesday	Wednesday	Thursday	Friday
		November 1 PK Cereal, Juice, Milk Macho Nachos Fiesta Black Beans Mixed Fruit Milk	November 2 Pumpkin Bread, Fruit Cup, Milk Chicken Nuggets Mashed Potatoes Green Beans Milk	November 3 PK Cereal, Juice, Milk Pizza Buttery Corn Apple Slices Milk
November 6 PK Cereal, Juice, Milk Chicken Quesadilla Fiesta Black Beans Buttered Corn Milk	November 7	November 8 PK Cereal, Juice, Milk Chicken Nuggets Green Beans Strawberry Cup Milk	November 9 Pumpkin Bread, Fruit Cup, Milk Corndog Nuggets French Fries Baked Bans Milk	November 10
November 13 PK Cereal, Juice, Milk Premium Chicken Sandwich French Fries Fresh Apple Slices Milk	November 14 Muffin, Fruit Cup, Milk Beefy Fiesta Pizza Buttered Corn Fresh Melon Milk	November 15 PK Cereal, Juice, Milk Cheeseburger Baked Beans Strawberry Cup Milk	November 16 Pumpkin Bread, Fruit Cup, Milk Turkey w Roll Mashed Potatoes Green Beans Berry Cobbler Milk	November 17 PK Cereal, Juice, Milk Pizza Buttery Corn Fresh Melon Milk
November 20 PK Cereal, Juice, Milk Nacho Bites Fiesta Black Beans Salsa Fresh Melon Milk	November 21 Muffin, Fruit Cup, Milk Pizza Romaine Salad Buttery Corn Milk	November 22	November 23	November 24
November 27 PK Cereal, Juice, Milk Chicken Quesadilla Fiesta Black Beans Buttered Corn Milk	November 28 Muffin, Fruit Cup, Milk Corndog Nuggets French Fries Baked Bans Milk	November 29 PK Cereal, Juice, Milk Chicken Nuggets Green Beans Strawberry Cup Milk	November 30 Banana Bread, Fruit Cup, Milk Hamburger Roasted Sweet Potatoes Mixed Fruit Milk	December 1 PK Cereal, Juice, Milk Pizza Romaine Salad Fresh Melon 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 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>