



Lee County Elementary Schools Menus for November 2023 revised

Monday	Tuesday	Wednesday	Thursday	Friday
		November 1 Assorted Muffin	November 2 Chicken Biscuit	November 3 Pancake on Stick
		Macho Nachos Fiesta Black Beans Salsa, Sour Cream Mixed Fruit Milk	Chicken Nuggets Mashed Potatoes Green Beans Diced Pears Milk	Pizza Romaine Salad Buttery Corn Apple Slices Milk
November 6 Assorted Muffins	November 7	November 8 Mini French Toast	November 9 Hot Ham Croissant	November 10
Chicken Quesadilla Buttered Corn Fiesta Black Beans Salsa, Sour Cream Fresh Orange Wedges Milk		Chicken & Waffle Hash brown Rounds Green beans Strawberry Cup Milk	Corndog Nuggets French Fries Baked Bans Diced Pears Milk	
November 13 Cinnamon Toast Crunch Bar	November 14 Breakfast Pizza Bagel	November 15 Mini Pancakes	November 16 Pancake on a Stick	November 17 Chicken Biscuit
Premium Chicken Sandwich Lettuce Tomato and Pickle French Fries Fresh Apple Slices Milk	Beefy Fiestada Pizza Buttered Corn Fiesta Black Beans Salsa, Sour Cream Fresh Melon Milk	Cheeseburger Hash brown Rounds Baked Beans Strawberry Cup Milk	Turkey w Roll Mashed Potatoes Green Beans Berry Cobbler Milk	Pizza Romaine Salad Buttery Corn Fresh Melon Milk
November 20 Mini Donuts	November 21 Breakfast Pizza Bagel	November 22	November 23	November 24
Nacho Bites Salad, Fiesta Black Beans Salsa, Sour Cream Fresh Melon Milk	Pizza Romaine Salad Buttery Corn Whole Apple Milk			
November 27 Assorted Muffins	November 28 Chicken Biscuit	November 29 Mini French Toast	November 30 Hot Ham Croissant	December 1 Fruity Belgian Waffle
Chicken Quesadilla Buttered Corn Fiesta Black Beans Salsa, Sour Cream Mixed Fruit Milk	Corndog Nuggets French Fries Baked Bans Fruit Cup Milk	Chicken & Waffle Hash brown Rounds Green beans Strawberry Cup Milk	Premium Chicken Sandwich Roasted Sweet Potatoes Roasted Broccoli Mixed Fruit Milk	Pizza Romaine Salad Buttery Corn 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>