

Families Making the Connection

Kids' Culinary Creativity



Did you know that North Carolina had it's second Jr. Chef Competition this year? With their Grilled Chicken Street Tacos with Mango Salsa, Seasoned Black Beans and Cilantro Lime Rice, the culinary team from Apex High in Wake County won 1st place. The team then beat out teams from 5 other states to win 1st place in the Southeast Jr. Chef Competition in Kentucky. Top teams at the state and regional level won scholarships from Sullivan University.

The N.C. Jr. Chef Competition consists of two parts: a recipe contest and cook-off. Students were challenged to work with their Family and Consumer Sciences teachers and School Nutrition Programs to develop a school lunch entrée recipe to meet National School Lunch Program nutrition standards, include at least two state-grown ingredients and one USDA Foods item, and appeal to student taste preferences. The Clay County Hayesville High "Category 4" team won 2nd with their Greek Chic Pasta Bake. Parkwood High from Union County won 3rd with their Southern Fried Chicken Lo Mein. Every student showcased their skills in a tight race with all teams taking a gold or silver medal. The 1st place team received gold medals and student members of 2nd, 3rd and other 5 finalist teams received silver medals: Ashe County High, Asheville High, East Chapel Hill High, Hayesville High "Meatball Boiz", and Hobbton High (Sampson County). All of the teams did an outstanding job!

Hungry for more info? <https://bit.ly/2FvPe1w>

Breakfast Menu for August 2019

Elementary, LFA (underlined)

				Thursday, August 1	Friday, August 2
				<u>Chicken Biscuit</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	Bacon, Egg & Cheese Biscuit or <u>Variety of Cereal, Cereal Bars, Pop Tarts, Muffins</u> <u>Diced Pears</u> Juice Milk
Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9	
<u>Breakfast Pizza</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Peaches</u> Juice Milk	<u>Chicken & Waffle</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	<u>Mini French Toast</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins Diced Pears Juice Milk	<u>Pancake Sausage Stick</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	Cheese Grits w/ Bacon or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Applesauce</u> Juice Milk	
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16	
<u>Breakfast Pizza</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Peaches</u> Juice Milk	<u>Mini Pancakes</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	<u>Yogurt w/ Cereal Bar</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Mixed Fruit</u> Juice Milk	<u>Chicken Biscuit</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	Sausage Cheese Biscuit or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Pears</u> Juice Milk	
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23	
<u>Breakfast Pizza</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Applesauce</u> Juice Milk	<u>Mini Pancakes</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	<u>Peach Yogurt Parfait</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Mixed Fruit</u> Juice Milk	<u>Chicken Biscuit</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	Bacon, Egg & Cheese Biscuit or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Pears</u> Juice Milk	
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30	
<u>Breakfast Pizza</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Peaches</u> Juice Milk	<u>Chicken & Waffle</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	<u>Mini French Toast</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins Diced Pears Juice Milk	<u>Pancake Sausage Stick</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	Cheese Grits w/ Bacon or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Applesauce</u> Juice Milk	

August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 5-9)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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