

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

Middle & High Schools

			Thursday, August 1	Friday, August 2
			Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Bacon & Cheese Biscuit or Grits w/ Scrambled Eggs & Sausage Diced Pears Juice Milk
				
Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9
Breakfast Pizza or Mini Pancakes Diced Peaches Juice Milk	Chicken & Waffle or Peach Yogurt Parfait Fresh Fruit Juice Milk	Mini French Toast or Chicken Biscuit Diced Pears Juice Milk	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice Milk	Cheese Grits w/ Bacon or Egg & Cheese Biscuit Applesauce Juice Milk
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16
Breakfast Pizza or Mini Waffles Diced Peaches Juice Milk	Mini Pancakes or Breakfast Burrito Potato Rounds Fresh Fruit Juice Milk	Turkey Ham & Cheese Slider or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Sausage & Cheese Biscuit Or Grits w/ Scrambled Eggs & Bacon Diced Pears Juice Milk
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
Breakfast Pizza or Mini French Toast Applesauce Juice Milk	Mini Pancakes or Breakfast Burrito Potato Rounds Fresh Fruit Juice Milk	Peach Yogurt Parfait or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Bacon & Cheese Biscuit or Grits w/ Scrambled Eggs & Sausage Diced Pears Juice Milk
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30
Breakfast Pizza or Mini Pancakes Diced Peaches Juice Milk	Chicken & Waffle or Peach Yogurt Parfait Fresh Fruit Juice Milk	Mini French Toast or Chicken Biscuit Diced Pears Juice Milk	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice Milk	Cheese Grits w/ Bacon or Egg & Cheese Biscuit Applesauce Juice Milk

August

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



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