

## 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 1<sup>st</sup> place. The team then beat out teams from 5 other states to win 1<sup>st</sup> 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 2<sup>nd</sup> with their Greek Chic Pasta Bake. Parkwood High from Union County won 3<sup>rd</sup> 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 1<sup>st</sup> place team received gold medals and student members of 2<sup>nd</sup>, 3<sup>rd</sup> 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

D.C. Virgo

			Thursday, August 1	Friday, August 2
			Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
				
Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9
Breakfast Pizza Diced Peaches Juice Milk	Chicken & Waffle Fresh Fruit Juice Milk	Mini French Toast Diced Pears Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16
Breakfast Pizza Diced Peaches Juice Milk	Mini Pancakes Fresh Fruit Juice Milk	Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
Breakfast Pizza Applesauce Juice Milk	Mini Pancakes Fresh Fruit Juice Milk	Peach Yogurt Parfait Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30
Breakfast Pizza Diced Peaches Juice Milk	Chicken & Waffle Fresh Fruit Juice Milk	Mini French Toast Diced Pears Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce 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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