



Carter G. Woodson School K-8 Lunch Menu

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		November 1 Chicken Fajita on WG Tortilla Mexican Corn Fresh Apple Choice of Milk	November 2 Cheeseburger on WG Bun Baked Beans Chilled Peaches Choice of Milk	November 3 BBQ Chicken Leg WG Roll Spinach Fresh Orange Choice of Milk
November 6 Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	November 7 Beefy Nachos Pinto Beans Fresh Banana Choice of Milk	November 8 Mac & Cheese WG Roll Green Beans Fresh Apple Choice of Milk	November 9 Chicken Sandwich WG Bun Potato Wedges Chilled Peaches Choice of Milk	November 10 No School
November 13 Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	November 14 Meatballs with Gravy WG Roll Mashed Potatoes Fresh Banana Choice of Milk	November 15 Chicken Tortilla Soup w/ Tortilla Chips Pinto Beans Fresh Orange Choice of Milk	November 16 Hot Dog on Bun Baked Beans Coleslaw Chilled Peaches Choice of Milk	November 17 Chicken Fettuccine Alfredo WG Roll Steamed Broccoli Fresh Apple Choice of Milk
November 20 Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	November 21 Baked Spaghetti WG Roll Green Beans Fresh Banana Choice of Milk	November 22 No School	November 23 No School	November 24 No School
November 27 Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	November 28 Beefy Nachos Pinto Beans Fresh Banana Choice of Milk	November 29 Mac & Cheese WG Roll Green Beans Fresh Apple Choice of Milk	November 30 Sloppy Joe on WG Bun Potato Wedges Chilled Peaches Choice of Milk	

Nutrition Byte

N.C. Jr. Chefs Create New School Meal Recipes

*Menu subject to change.

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 finalist 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>