



Bethel Hill Charter School Breakfast Menus for November 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| | | November 1 | November 2 | November 3 |
| | | Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk |
| November 6 | November 7 | November 8 | November 9 | November 10 |
| Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | No School |
| November 13 | November 14 | November 15 | November 16 | November 17 |
| Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk |
| November 20 | November 21 | November 22 | November 23 | November 24 |
| No School | No School | No School | No School | No School |
| November 27 | November 28 | November 29 | November 30 | |
| Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk | Muffin or Toast and cereal Fresh Fruit Juice Lowfat or Fat Free Milk | |

Families Making the Connection

N.C. Jr. Chefs Create New Recipes for School Meals

The N.C. Junior Chef Competition (NCJCC) was created to inspire the next generation of culinary professionals, stimulate interest in locally produced agriculture, increase participation in School Nutrition Programs, and encourage healthy eating habits. The competition seeks student created and approved recipes for school meals and recognizes students for their ability to work as members of a team to demonstrate valuable skills in recipe development, food preparation, marketing, public presentation, organization, and local food systems.

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. Learn more at <https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/sn-news-events/north-carolina-jr-chef-competition>.



Bethel Hill Charter School Lunch Menus for November 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | | November 1 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk | November 2 Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat Free Milk | November 3 Pizza or Chicken Salad Pinto Beans / Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk |
| November 6 Chicken Sandwich or Baked Potato with Roll Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk | November 7 Corndog or Fish Nuggets with Hush Puppies Baked Beans / Coleslaw Tossed Salad Mixed Fruit Lowfat or Fat Free Milk | November 8 Spaghetti with Roll or Turkey Wrap Tossed Salad Green Beans Apples / Carrots Lowfat or Fat Free Milk | November 9 Vegetable Soup with Grilled Cheese or Peanut Butter Chocolate Chip Cookies Carrots / Fresh Fruit Lowfat or Fat Free Milk | November 10 No School |
| November 13 Cheeseburger or Ham and Cheese Sub Broccoli and Cheese Tossed Salad Peaches Lowfat or Fat Free Milk | November 14 Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat Free Milk | November 15 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk | November 16 Turkey with Roll Dressing Green Beans Sweet Potato Fruit Lowfat or Fat free Milk | November 17 Pizza or Chicken Salad Pinto Beans Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk |
| November 20 No School | November 21 No School | November 22 No School | November 23 No School | November 24 No School |
| November 27 Cheeseburger or Baked Potato Broccoli and Cheese Tossed Salad Peaches Lowfat or Fat Free Milk | November 28 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk | November 29 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk | November 30 Vegetable Soup with Grilled Cheese or Peanut Butter Chocolate Chip Cookies Carrots / Fresh Fruit Lowfat or Fat Free Milk | |

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