



Orange County Schools Snack Menus for November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change.	wg = whole grain rich	November 1	November 2	November 3
		Cereal (wg) Milk	Fruited Yogurt Fruit Choice	Baked Cheetos (wg) 100% Fruit Juice
November 6	November 7	November 8	November 9	November 10
Rice Krispy Treat (wg) Fruit Choice	No School Teacher Workday Election Day	Cereal (wg) Milk	Chex Mix (wg) 100% Fruit Juice	No School Veterans Day Holiday
November 13	November 14	November 15	November 16	November 17
Chewy Granola Bar (wg) Milk	Cheez-It Crackers (wg) 100% Fruit Juice	Cereal (wg) Milk	Scooby Grahams (wg) Fruit Choice	Baked Doritos (wg) 100% Fruit Juice
November 20	November 21	November 22	November 23	November 24
Pretzels (wg) 100% Fruit Juice	Muffin (wg) Milk	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
November 27	November 28	November 29	November 30	
Rice Krispy Treat (wg) Fruit Choice	Mini Blueberry Loaf (wg) Milk	Cereal (wg) Milk	Chex Mix (wg) 100% Fruit Juice	

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>.