



**Please Come Join  
Us for Lunch!**



**Caswell County Schools  
Thanksgiving Lunch  
11/14-18/23**



**For More Information  
Please Contact Your School.  
See Menu for Meal Details  
Visitor Meal Price  
\$6.50  
Or  
A la Carte Pricing**

**USDA is an equal opportunity provider and employer. <http://childnutrition.ncpublicschools.gov>**



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## **Caswell County Schools School Nutrition Program**

*We Play a Very Important Role in Education.  
We Benefit the Mind and Body of Each Child We Serve.*



# **November 2023 Menu**



### **Wednesday November 1**

#### **Breakfast**

Chicken Biscuit  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Cheese Bites Lasagna Rolls**

Garden Salad  
Green Beans  
Marinara Sauce  
W Grain Bun, Applesauce,  
Orange Pineapple, Milk  
**Chef Salad**

### **Thursday, November 2**

#### **Breakfast**

Waffles/Pancakes -or-  
Pancake Stick  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Chicken Fajita Beef Fiestada**

Corn, Pinto Beans, Salsa,  
Side Salad, Rice, Apple,  
Strawberry Cup, Milk  
**Chef Salad**

### **Friday, November 3**

#### **Breakfast**

Sausage Biscuit -or-  
Cinnamon Roll  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Ch/ Pepperoni Pizza**

Garden Salad, Veg Choice  
Marinara Sauce  
WG Bread, Bun  
Fruit cocktail, gold rush  
juice, pear, Milk  
**Chef Salad**

### **Monday, November 6**

#### **Breakfast**

Cereal (Bowl or Bar)  
Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Cheeseburger Chicken Nuggets**

Broccoli, Green Peas, Rice,  
Whole Grain Dinner Roll,  
Grape Juice, Milk  
**Chef Salad**

### **Tuesday, November 7**

#### **Breakfast**

Banana Bread  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Salisbury Steak Chicken Fillet**

Turnip Greens  
Mashed Potatoes  
Corn Muffin, W/Grain Bun  
Mixed Berries, Bananas,  
Milk  
**Chef Salad**

### **Wednesday, November 8**

#### **Breakfast**

Chicken Biscuit  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Calzone Pizza Sticks**

Garden Salad  
Green Beans  
Marinara Sauce  
W Grain Bun, Applesauce,  
Orange Pineapple, Milk  
**Chef Salad**

### **Thursday, November 9**

#### **Breakfast**

Waffles/Pancakes -or-  
Pancake Stick  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Deli Sub Walking Taco**

Corn, Pinto Beans, Salsa,  
Side Salad, Rice, Apple,  
Strawberry Cup, Milk  
**Chef Salad**

### **Friday, November 10**

**HOLIDAY**

## Families Making the Connection

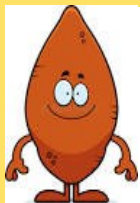
### N.C. Jr. Chefs New Recipes of Schools Meals

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>



*For information on: Caswell County Schools Student Wellness, Please visit our website at: <http://www.caswell.k12.nc.us> School Nutrition BOE Policy - Wellness Policy*

**Monday, November 13**

#### **Breakfast**

Cereal (Bowl or Bar)  
Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Baked Spaghetti** **Pizza Sticks**

Garden Salad  
Green Beans  
Marinara Sauce  
W Grain Bun, Applesauce ,  
Orange Pineapple, Milk

#### **Chef Salad**

**Monday, November 20**

#### **Breakfast**

Cereal (Bowl or Bar)  
Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Hot Dog**

#### **Chicken Strips**

Broccoli, Green Peas, Rice,  
Mixed Berries Cup , Milk

#### **Chef Salad**

**Monday, November 27**

#### **Breakfast**

Cereal (Bowl or Bar)  
Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Tangerine Chicken** **Meatballs**

Broccoli, Green Peas, Rice,  
Whole Grain Dinner Roll,  
Mixed Berries Cups . Milk

#### **Chef Salad**

**Tuesday, November 14**

#### **Breakfast**

Banana Bread  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Popcorn Chicken** **Mini Corn Dog**

Turnip Greens  
Mashed Potatoes  
Corn Muffin, W/Grain Bun  
Mixed Berries, Bananas ,  
Milk

#### **Chef Salad**

**Tuesday, November 21**

#### **Breakfast**

Banana Bread  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Teriyaki Bites**

#### **Corn Dog**

Turnip Greens  
Mashed Potatoes  
Corn Muffin, W/Grain Bun  
Mixed Berries, Bananas ,  
Milk

#### **Chef Salad**

**Tuesday, November 28**

#### **Breakfast**

Banana Bread  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Salisbury Steak** **Chicken Fillet**

Turnip Greens  
Mashed Potatoes  
Corn Muffin, W/Grain Bun  
Mixed Berries, Bananas ,  
Milk

#### **Chef Salad**

**Wednesday, November 15**

#### **Breakfast**

Chicken Biscuit  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Chicken Chunks** **Cheeseburgers**

Glazed Carrots Green  
Beans  
W Grain Bun, Strawberries  
Cup , Grapes Milk

#### **Chef Salad**

**Wednesday, November 29**

#### **BYSHS**

**11/14**

#### **NL Dillard**

**11/15/23**

#### **North**

**Pre-K- 2nd =11/14**

**3rd- 5th = 11/15**

**Wednesday, November 29**

#### **Breakfast**

Chicken Biscuit  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Baked Spaghetti** **Pizza Sticks**

Garden Salad  
Green Beans  
Marinara Sauce  
W Grain Bun, Applesauce ,  
Orange Pineapple, Milk

#### **Chef Salad**

**Thursday, November 16**

#### **Breakfast**

Waffles/Pancakes -or-  
Pancake Stick  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Rotisserie Chicken** **Deli Sub**

Corn, Pinto Beans , Salsa ,  
Side Salad ,Rice , Apple ,  
Strawberry Cup, Milk

#### **Chef Salad**

**Thursday, November 30**

#### **Breakfast**

Waffles/Pancakes -or-  
Pancake Stick  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Rotisserie Chicken** **Deli Sub**

Corn, Pinto Beans , Salsa ,  
Side Salad ,Rice , Apple ,  
Strawberry Cup, Milk

#### **Chef Salad**

**Friday, November 17**

#### **Breakfast**

Sausage Biscuit -or-  
Cinnamon Roll  
Cereal, Yogurt, Pop Tart  
Fruit, 100% Fruit Juice, Milk

#### **LUNCH**

#### **Ch/ Pepperoni Pizza**

Garden Salad, Veg Choice  
Marinara Sauce  
WG Bread, Bun  
Fruit cocktail, gold rush  
juice, pear , Milk

#### **Chef Salad**

### **Holiday Meal**

#### **Turkey w/** **Dressing**

#### **Sweet Potato**

#### **Soufflé**

#### **Green Beans**

#### **Dinner Roll**

#### **Cranberry Sauce**

#### **Fruit Cup**

#### **Tea**

#### **Water**

#### **Milk**

