

Families Making the Connection

Culinary Creations


Did you know that April 6 is Fresh Tomato Day? And April 12 is Grilled Cheese Sandwich Day. The North Carolina K-12 Culinary Institute offers a delicious and nutritious Gourmet Grilled Cheese recipe featuring fresh tomatoes, spinach and, of course, cheese.

School Nutrition managers have had the opportunity to participate in regional workshops across the state as part of the NC K-12 Culinary Institute. Workshop participants graduate as culinary specialists, prepared to teach other School Nutrition professionals at the local level. NCDPI, School Nutrition Services worked with a culinary team of chefs and registered dietitian nutritionists (RDNs) to design the institute with the goal of increasing the availability of appealing, nutritious meals at school. The institute was funded in part by a U.S. Department of Agriculture Professional Standards Training Grant received by NCDPI. The institute recipes and resources will assist School Nutrition professionals in providing optimal nutrition through school meals for student's health and academic achievement.

As you celebrate Fresh Tomato Day and Grilled Cheese Day along with Earth Day and Garden Month this April, use the recipes and how-to videos from the NC K-12 Culinary Institute for inspiration in planting your garden and planning menus. Learn more at <https://childnutrition.ncpublicschools.gov/continuing-education/nc-k-12-culinary-institute/ci-recipes/recipes>.

Breakfast Menu for April 2018

Douglass Academy

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Mini French Toast Diced Pears Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Yogurt & Muffin Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
Mini Pancakes Diced Pears Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Mini Waffles Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
Mini Pancakes Applesauce Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Peach Yogurt Parfait Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, April 30	A variety of unflavored and flavored skim and 1% unflavored milks are served daily.			
Mini Pancakes Diced Peaches Juice Milk				

April

- Global Child Nutrition Month
- National Garden Month
- Earth Day (April 22)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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Menu subject to change depending upon availability