

Lunch Menu for April 2018


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>.

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
Popcorn Chicken Veggie Sticks Garden Salad Diced Peaches Milk	Chicken Filet Sandwich Lima Beans Roasted Potatoes Fresh Fruit Milk	French Bread Pizza Sweet Potato Waffle Fries Garden Salad Diced Pears Milk	Nachos Grande Black Beans Veggie Cup Fresh Fruit Milk	Cheesy Breadsticks Corn Garden Salad Mixed Fruit Milk
Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
Lasagna Broccoli w/ Cheese Garden Salad Diced Peaches Milk	Chicken Tenders Red Skinned Mashed Potatoes California Vegetables Fresh Fruit Milk	Fish Sticks w/ Hushpuppies Glazed Carrots Garden Salad Frozen Fruit Cup Milk	Cheeseburger Great Northern Beans Tater tots Fresh Fruit Milk	Corn Dog Nuggets NC Sweet Potato Garden Salad Mixed Fruit Milk
Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
Popcorn Chicken Sweet Potato Waffle Fries Garden Salad Diced Peaches Milk	Beef Taco w/ Spanish Rice Pinto Beans Veggie Cup Fresh Fruit Milk	French Bread Pizza Sweet Peas Garden Salad Mandarin Oranges Milk	Nachos Grande Carrot Sticks Green Beans Fresh Fruit Milk	Hot Dog w/ Chili Baked Beans Garden Salad Mixed Fruit Milk
Monday, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
Chicken Chunks Baked Potato Garden Salad Diced Peaches Milk	Chicken Tenders Veggie Sticks Garden Salad Fresh Fruit Milk	Egg Rolls Broccoli Garden Salad Frozen Fruit Cup Milk	Cheeseburger French Fries Glazed Carrots Fresh Fruit Milk	Beef-a-roni w/ Breadstick Black Eyed Peas Garden Salad Mixed Fruit Milk
Monday, April 30	A variety of unflavored and flavored skim and 1% unflavored milks are served daily.			
Popcorn Chicken Veggie Sticks Garden Salad Diced Peaches Milk				

Menu subject to change depending upon availability

April

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