



Camp Lejeune Community Schools Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Camp Lejeune Community Schools Families. Thank you for your continuous support!</p> <p>Come Dine with us on the 17th on November for the Holiday Meal.</p>	<p>November 1</p> <p>Chicken Nuggets w/ Roll Grilled Cheese Sandwich Corn Green Beans Applesauce Cup Lowfat or Fat Free Milk</p>	<p>November 2</p> <p>Hot Dog on Bun Fish Nuggets Baked Beans Carrots Cheese Sticks w/ Salsa Cup Raisins Lowfat or Fat Free Milk</p>	<p>November 3</p> <p>Hamburger on Bun Grilled Cheese Sandwich Potato Tots California Vegetables Peaches Lowfat or Fat Free Milk</p>	<p>November 4</p> <p>Chicken & Waffles Cheese Quesadillas Broccoli Carrots Apple Lowfat or Fat Free Milk</p>
<p>November 7</p> <p>K-12 No School</p>	<p>November 8</p> <p>No School K-5</p> <p>Turkey Corndog Fish Nuggets Broccoli Potato Tots Cranberries, Dried Lowfat or Fat Free Milk</p>	<p>November 9</p> <p>Chicken Taco w/ Rice Grilled Cheese Sandwich Baked Beans California Blend Vegetables Applesauce Cup Lowfat or Fat Free Milk</p>	<p>November 10</p> <p>Pepperoni Pizza Cheese Pizza Baby Carrots Corn Mixed Fruit Cookies Lowfat or Fat Free Milk</p>	<p>November 11</p> <p>Veterans Day</p>
<p>November 14</p> <p>Pork Rib on Bun Hamburger on Bun Potato Tots Green Beans Peach Cup Lowfat or Fat Free Milk</p>	<p>November 15</p> <p>Chicken Cheese Quesadillas Chicken Fajitas/Rice Black Beans Romaine Spinach Salad Pears Lowfat or Fat Free Milk</p>	<p>November 16</p> <p>Pepperoni Pizza Cheese Pizza Broccoli Peas Apple Lowfat or Fat Free Milk</p>	<p>November 17</p> <p>Turkey or Roast Beef Mashed Potatoes Roll Corn Green Beans Peach Cup Strawberry Cup Pound Cake Lowfat or Fat Free Milk</p>	<p>November 18</p> <p>Chicken Fillet on Bun Grilled Cheese Sandwich Baked Beans California Blend Vegetables Mixed Fruit Lowfat or Fat Free Milk</p>
<p>November 21</p> <p>Thanksgiving Break</p>	<p>November 22</p> <p>Thanksgiving Break</p>	<p>November 23</p> <p>Thanksgiving Break</p>	<p>November 24</p> <p>Thanksgiving Day</p>	<p>November 25</p> <p>Thanksgiving Break</p>
<p>November 28</p> <p>Corn Dog Nuggets Grilled Cheese Sandwich Potato Wedges Winter Blend Vegetables Strawberry Cup Lowfat or Fat Free Milk</p>	<p>November 29</p> <p>Ham & Cheese on Toast Fish Nuggets Broccoli Corn Apple Lowfat or Fat Free Milk</p>	<p>November 30</p> <p>Pepperoni Pizza Cheese Pizza California Blend Potato Smiles Cranberries, Dried Lowfat or Fat Free Milk</p>		

Families Making the Connection

Sweetpotatoes – Our State Veggie

Did you know North Carolina is the #1 producer of sweetpotatoes in the United States? Over 50 percent of U.S. grown sweetpotatoes are from North Carolina.

Sweetpotatoes differ from potatoes. Both are vegetables, but sweetpotatoes are roots and potatoes are underground stems called tubers. Sweetpotatoes can be orange, white, beige, yellow, pink, purple, violet, or red in color.

In North Carolina, sweetpotatoes can be planted in May and June. Instead of planting seeds, sweetpotatoes are grown from the sprouts of a bedded root called "sli". Sweetpotatoes grow underground throughout the summer and are harvested in the fall.

Did you know all the sweetpotato is edible, even the skin? Sweetpotatoes can be eaten fresh or cooked. Often, they are served baked, mashed, or fried, but they can be steamed, boiled, microwaved, pureed, stir fried, sauteed or juiced. Wash raw sweetpotatoes under clean, running water before preparing, cutting, or eating.

A medium sweetpotato has about 100 calories. Sweetpotatoes are nutrient-rich. They contain beta-carotene, vitamins A and C, manganese, and fiber. They are cholesterol free and low in fat and sodium. Learn more about sweetpotatoes and other North Carolina-grown produce at <https://bit.ly/3c30kws>. Enjoy a sweetpotato today!