



Camp Lejeune Community Schools Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	November 1 Scrambled Eggs w/ Toast Grits Applesauce Mixed Fruit Lowfat or Fat Free Milk	November 2 Pancakes Oatmeal Orange Wedges Juice Lowfat or Fat Free Milk	November 3 Bagels Mini Strawberry Filled Cereal Apple Juice Lowfat or Fat Free Milk	November 4 Breakfast Pizza Oatmeal Pears Peach Cup Lowfat or Fat Free Milk
November 7 K-12 No School	November 8 K-5 No School Pop Tart Cereal Apple Raisins Lowfat or Fat Free Milk	November 9 Cereal Muffin Pears Pineapple Lowfat or Fat Free Milk	November 10 Cinnamon Toast w/ Oatmeal Cereal Orange Wedges Juice Lowfat or Fat Free Milk	November 11 Veterans Day
November 14 French Toast Sticks Oatmeal Apple Juice Lowfat or Fat Free Milk	November 15 Yogurt and Toast Cereal Mixed Fruit Cranberries, Dried Lowfat or Fat Free Milk	November 16 Pancakes Cereal Orange Wedges Juice Lowfat or Fat Free Milk	November 17 Cereal and Toast Oatmeal Peaches Juice Lowfat or Fat Free Milk	November 18 Muffin Cereal Pears Pineapple Lowfat or Fat Free Milk
November 21 Thanksgiving Break	November 22 Thanksgiving Break	November 23 Thanksgiving Break	November 24 Thanksgiving Day	November 25 Thanksgiving Break
November 28 Pancakes Oatmeal Peach Cup Juice Lowfat or Fat Free Milk	November 29 Egg & Cheese Muffin Cereal Raisins Juice Lowfat or Fat Free Milk	November 30 Cinnamon Toast w/ Oatmeal Cereal Orange Wedges Juice Lowfat or Fat Free Milk		

Nutrition Byte

Sweetpotatoes – A s-w-e-e-t choice and a super food!

Did you know the sweetpotato is our State Veggie? The sweetpotato became the N.C. State Vegetable in 1995 after students at Elvie Street School in Wilson wrote letters to the N.C. General Assembly.

Did you know sweetpotatoes and potatoes are different? 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.

Did you know that sweetpotatoes are not grown from seeds? They are grown from the sprouts of a bedded root call a "slip". They 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 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. Enjoy a sweetpotato today! **Nutrilink:** Learn more at <https://bit.ly/3c30kws>.