



Camp Lejeune Community Schools Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Camp Lejeune Community Schools Families. Thank you for your continuous support!</p> <p>Please come and 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 Raisins Lowfat or Fat Free Milk</p>	<p>November 2</p> <p>Pork Rib Patty on Bun Fish Fillet Sandwich Baked Beans Carrots Cheese Sticks w/ Salsa Cup Peach Cup Cranberries, Dried Lowfat or Fat Free Milk</p>	<p>November 3</p> <p>Double Cheeseburger Grilled Cheese Sandwich Potato Tots California Vegetables Peaches Pears Lowfat or Fat Free Milk</p>	<p>November 4</p> <p>Chicken & Waffles Cheese Quesadillas Nacho Chips w/ Salsa Broccoli Carrots Apple Raisels 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 Grilled Cheese Sandwich Mixed Vegetables Potato Tots Apple Strawberry Cup Lowfat or Fat Free Milk</p>	<p>November 9</p> <p>Chicken Nuggets Roll Fish Nuggets Broccoli Peas Applesauce Cup Orange Wedges Lowfat or Fat Free Milk</p>	<p>November 10</p> <p>Pepperoni Pizza Cheese Pizza Baby Carrots Corn Mixed Fruit Raisins Cookies Lowfat or Fat Free Milk</p>	<p>November 11</p> <p>Veterans Day</p>
<p>November 14</p> <p>Double Cheeseburger Fish Fillet on Bun Fries Green Beans Peach Cup Cranberries, Dried Lowfat or Fat Free Milk</p>	<p>November 15</p> <p>Chicken Cheese Quesadillas Chicken Fajitas/Rice Black Beans Romaine Spinach Salad Applesauce Raisins Lowfat or Fat Free Milk</p>	<p>November 16</p> <p>Pepperoni Pizza Cheese Pizza Broccoli Peas Apple Pineapple 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>Corn Dog Nuggets Turkey & Cheese Deli Sub Baked Beans California Blend Vegetables Applesauce Cup 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>Chicken Fillet on Bun Cheese Quesadillas Nacho Chips w/ Salsa Carrots Pinto Beans Mixed Fruit Raisins Lowfat or Fat Free Milk</p>	<p>November 29</p> <p>Double Cheeseburger Hamburger Broccoli Corn Peaches Pears Lowfat or Fat Free Milk</p>	<p>November 30</p> <p>Fiestada Cheese Pizza California Blend Vegetables Potato Smiles Apple 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!