

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>.

Menus for April 2018

CAMP LEJEUNE DISTRICT SCHOOLS k-8

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
No School	Blueberry Muffin Cereal, Juice Peaches Milk ----- Corn Dog Grilled Cheese Green Beans Corn Apple Mixed Fruit Milk	Sausage Biscuit Apple Juice, Milk ----- Cheesburger on Bun Hamburger on Bun Fish Filet on Bun Fries Broccoli Baked Beans Peas Orange Wedges Milk	Pancakes Cereal, Mixed Fruit Juice, Milk ----- Vegetable Soup Grilled Cheese Turkey & Cheese on Bun Green Beans Romaine and Spinach Salad Baked Spiced Apples Peaches Milk	Cereal Toast, Juice Pears, Milk ----- Chicken Filet on Bun Cheese Pizza Broccoli Carrots Fries Applesauce Raisins Milk
Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
Spring Break	*****	Spring Break	*****	Spring Break
Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
Breakfast Pizza Pears Juice, Milk ----- Chicken Nuggets Beef and Beans Burritos Roll Broccoli Corn Applesauce Orange Wedges Milk	Chicken Biscuits Mixed Fruit Juice, Milk ----- Nachos w Beef & Cheese Chicken Fajitas Rice Capri Vegetables Baby Carrots Mixed Fruit Raisins, Milk	Scrambled Eggs Grits, Toast, Pears Juice, Milk ----- Hot Dog on Bun Chili ----- Fish Nuggets Tortilla Chips w Salsa Cabbage, Tossed Salad Pears, Peaches Milk	Yogurt Cereal, Juice Orange Wedges, Milk ----- Roast Turkey Grilled Cheese Role, Rice, Gravy Pease Sweet Potatoes Applesauce, Orange Wedges Milk	French Toast Sticks Cereal, Peaches Juice, Milk ----- Pepperoni Pizza Cheese Pizza Fish Filet on Bun Baked Beans Romaine & Spinach Salad Mixed Fruit, Peaches Milk
Monday, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
Yogurt Toast, Juice Peaches, Milk ----- Corn Dog Nuggets Grilled Cheese Baby Carrots Green Beans Applesauce Peaches Milk	Chicken Biscuit Mixed Fruit, Juice, Milk ----- Beef Tacos Fish Filet on Bun Rice Cajun Pinto Beans Broccoli Mixed Fruit Orange Wedges Milk	French Toast Sticks Juice, Peaches, Milk ----- Corn Dog Beef and Bean Burrito Tortilla w Salsa Capri Vegetables Green Beans Pineapple Tidbits Peaches Milk	Scrambled Eggs Grits, Toast, Juice, Pears, Milk ----- Salisbury Steak Roll Ham & Cheese Wrap Gravy Mashed Potatoes Cabbage Carrots Orange Wedges Applesauce Milk	Pop Tart Peaches, Juice, Milk ----- Pepperoni Pizza Cheese Pizza Broccoli Corn Tossed Salad Pears Raisins Milk
Monday, April 30	Cereal and Toast will be available for all Breakfast Meals Grilled Cheese will be available for all Lunch Meals		Did you know 200 recipes, many of them featuring local produce, have been created for schools by chefs and registered dietitians as part of the N.C. K-12 Culinary Institute?	 Gourmet Grilled Cheese
Breakfast Pizza Pears, Juice, Milk ----- Chicken Nuggets Roll Grilled Cheese Peas Baby Carrots Baked Spiced Apples Peaches Milk			 NORTH CAROLINA K-12 Culinary INSTITUTE LISTENING. LEARNING. LEADING	

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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MENUS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY OF FOOD ITEMS