

Families Making the Connection

Thank a Farmer

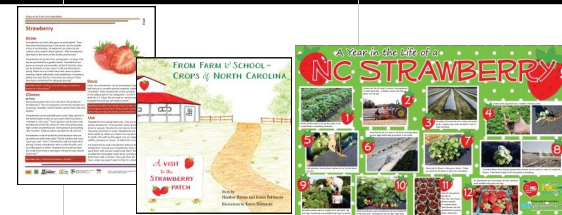
Do you know where the food you eat comes from? Chances are there is a connection to a farmer somewhere along the way. As the U.S. celebrates Thanksgiving this month, take an opportunity to learn more about the farmers in your area. You can also reach out to thank them for their hard work. The USDA *Know Your Farmer, Know Your Food* initiative helps to make connections between farmers and consumers. The North Carolina Department of Agriculture & Consumer Services (NCDACS) offers a N.C. Farm Fresh Directory of pick-your-own farms, roadside farm markets, and farmers markets.

Did you know that a growing number of schools are participating in farm to school? The N.C. Farm to School Program, run by NCDACS, sold almost \$1.4 million dollars of produce to 80+ school districts last year. Top crops for N.C. schools: apples, berries, sweet potatoes and lettuce. Storybooks, activity guides and posters are available from NCDACS that follow N.C. produce from the field to school meals. In addition, fact sheets, lesson plans, bulletin boards and other resources are available from the N.C. Department of Public Instruction, School Nutrition Services.

For resources and info, visit:
www.usda.gov/knowyourfarmer
www.ncfarmfresh.com
www.ncfarmtoschool.com
<http://childnutrition.ncpublicschools.gov>

The College Preparatory & Leadership Academy K-8th Lunch Menu

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
SLOPPY JOE ON W/W BUN	FRIED CHICKEN W/W ROLL	TACO SALAD W/ NACHO CHEESE & LETTUCE W/G TORTILLA CHIPS	CHICKEN NUGGETS W/W ROLL	HOT DOGS ON W/W BUN
PINTO BEANS	GREEN BEANS	YELLOW CORN	MASHED POTATOES	BAKED BEANS
FRESH FRUIT (ORANGES)	TROPICAL FRUIT COCKTAIL	FRESH FRUIT (ORANGES)	PINEAPPLE TIDBITS	APPLESAUCE
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, November 9	Tuesday, November 10	Wednesday, November 11	Thursday, November 12	Friday, November 13
FRIED CHICKEN W/W ROLL	BEEF-A-RONI	NO SCHOOL (VETERAN'S DAY)	HOT DOGS ON W/W BUN	SLOPPY JOE ON W/W BUN
BROCCOLI & CHEESE	YELLOW CORN		BAKED BEANS	GREEN BEANS
FRESH FRUIT (ORANGES)	FRUIT COCKTAIL		APPLESAUCE	FRESH FRUIT (ORANGES)
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK		LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
CHICKEN FILLET SAND. ON W/W/ BUN	CUBE STEAK W/W ROLL	CHICKEN NUGGETS W/W ROLL	MACARONI & CHEESE	PIZZA (PEPPERONI CHEESE)
SWEET POTATOES	MASHED POTATOES	YELLOW CORN	GREEN BEANS	TOSSED SALAD MIX
FRESH FRUIT (ORANGES)	FRUIT COCKTAIL	FRESH FRUIT (ORANGES)	DICED PEACHES	FRESH FRUIT (ORANGES)
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, November 23	Tuesday, November 24	Wednesday, November 25	Thursday, November 26	Friday, November 27
GLAZED HAM W/W ROLL	(HALF DAY)	NO SCHOOL (THANKSGIVING BREAK)	NO SCHOOL (THANKSGIVING BREAK)	NO SCHOOL (THANKSGIVING BREAK)
GREEN BEANS	HOT DOGS ON W/W BUN			
FRESH FRUIT (ORANGES)	BAKED BEANS			
LOW FAT OR SKIM MILK	APPLESAUCE			
Monday, November 30				
HOT DOGS ON W/W BUN				
BAKED BEANS				
APPLESAUCE				
LOW FAT OR SKIM MILK				



November

- American Diabetes Month
- Good Nutrition Month
- Thanksgiving



Developed by School Nutrition Services, N.C. Department of Public Instruction.
 USDA is an equal opportunity provider and employer. 06/15
<http://childnutrition.ncpublicschools.gov>

Sources: www.usda.gov/knowyourfarmer, www.ncfarmtoschool.com