

## Families Making the Connection


### Taste & Learn about Local Produce

North Carolina is fortunate to have a bounty of agricultural products. "Goodness Grows in North Carolina"! You can find locally grown food in grocery stores, roadside stands, and farmers markets as well as restaurants, schools and early care and education sites across the state.

For Fruits & Veggies—More Matters™ Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and families can sign up and receive a free guide with tips, activities and resources at <https://growing-minds.org/north-carolina-crunch>. Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch2022.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our kids and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #NCFarmtoSchoolHeroes across the state!

## THE COLLEGE PREPARATORY & LEADERSHIP ACADEMY 6-8 SEPTEMBER LUNCH MENU

			Thursday, September 1	Friday, September 2
 <b>North Carolina Crunch</b>	 <b>Farm to School</b> COALITION OF NC		CHICKEN NUGGETS W/G DINNER ROLL  GLAZED CARROTS DICED PEACHES  LOW FAT OR SKIM MILK	PIZZA (CHEESE OR PEPPERONI)  ROMAINE SALAD W/RANCH CUCUMBER & TOMATOES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, September 5	Tuesday, September 6	Wednesday, September 7	Thursday, September 8	Friday, September 9
<b>LABOR DAY HOLIDAY NO SCHOOL</b>	CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN OR BBQ MEATBALLS W/G DINNER ROLL GREEN BEANS PINEAPPLE TIDBITS LOW FAT OR SKIM MILK	FRIED CHICKEN W/G DINNER ROLL  SWEET POTATOES DICED PEARS  LOW FAT OR SKIM MILK	BEEF TACOS W/ SHREDDED CHEESE & TACO SAUCE W/W FAJITAS  SHRED. LETTUCE YELLOW CORN FRUIT COCKTAIL LOW FAT OR SKIM MILK	PIZZA (CHEESE OR PEPPERONI)  ROMAINE SALAD W/RANCH CUCUMBER & TOMATOES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16
TURKEY & CHEESE SAND. W/W HAMBURGER BUN OR MEATBALLS W/GRAVY W/G DINNER ROLL RICE TURNIP GREENS PINEAPPLE TIDBITS	CHICKEN FAJITAS W/ SHRED. CHEESE & SALSA W/W FAJITAS  SHRED. LETTUCE PINTO BEANS FRUIT COCKTAIL LOW FAT OR SKIM MILK	CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN OR BEEF-A-RONI GREEN BEANS DICED TOMATOES FRESH FRUIT LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/G DINNER ROLL  GLAZED CARROTS 100% FRUIT JUICE  LOW FAT OR SKIM MILK	PIZZA (CHEESE OR PEPPERONI)  ROMAINE SALAD W/RANCH CUCUMBER & TOMATOES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, September 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
TURKEY & CHEESE SAND. W/W HAMBURGER BUN OR CHEESEBURGER MAC W/W ELBOW NOODLES GREEN BEANS FRESH FRUIT LOW FAT OR SKIM MILK	BEEF TACOS W/ SHREDDED CHEESE & TACO SAUCE W/W FAJITAS SHRED. LETTUCE YELLOW CORN MEXICAN RICE DICED PEACHES LOW FAT OR SKIM MILK	FRIED CHICKEN W/G DINNER ROLL  SWEET POTATOES TROPICAL FRUIT MIX  LOW FAT OR SKIM MILK	CHEF SALAD W/ RANCH DRESSING  CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN BAKED BEANS FRESH FRUIT LOW FAT OR SKIM MILK	PIZZA (CHEESE OR PEPPERONI)  POTATOE WEDGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
TURKEY & CHEESE SAND. W/W HAMBURGER BUNS OR CHICKEN NUGGETS W/G DINNER ROLL APPLESAUCE DICED PEACHES LOW FAT OR SKIM MILK	TACO SALAD W/ NACHO CHEESE W/G TORTILLA CHIPS  SHRED. LETTUCE PINTO BEANS PINEAPPLE TIDBITS LOW FAT OR SKIM MILK	BAKED CHICKEN TENDERS W/ CREAM OF CHICKEN W/G DINNER ROLL  BROWN RICE BROCCOLI & CHEESE FRUIT COCKTAIL  LOW FAT OR SKIM MILK	CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN OR CUBE STEAK W/ GRAVY W/G DINNER ROLL GREEN BEANS FRESH FRUIT LOW FAT OR SKIM MILK	PIZZA (CHEESE OR PEPPERONI)  ROMAINE SALAD W/RANCH CUCUMBER & TOMATOES FRESH FRUIT  LOW FAT OR SKIM MILK

[Insert name of Local Education Agency] Elementary Schools

This institution is an equal opportunity provider.

<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>