

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>.

THE POINT COLLEGE PREPARATORY & LEADERSHIP ACADEMY K-8TH APRIL LUNCH MENU

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
NO SCHOOL SPRINGBREAK	NO SCHOOL SPRINGBREAK	NO SCHOOL SPRINGBREAK	NO SCHOOL SPRINGBREAK	NO SCHOOL SPRINGBREAK
Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
CHICKEN FILLET SANDWICH W/G ROLL	MEATBALLS W.GRAVY W/G ROLL	FRIED CHICKEN W/G ROLL	CHICKEN FAJITAS W/SALSA W/W FAJITA	PIZZA
YELLOW CORN APPLESAUCE	MASHED POTATOES ORANGES	GREEN BEANS ORANGES	SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL	ROMAINE SALAD MIX /RANCH 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, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
TACO SALAD W/ NACHO CHEESE	BAKED SPAGHETTI	FRIED CHICKEN W/G ROLL	CHICKEN NUGGETS W/G DINNER ROLL	PIZZA
SHREDDED LETTUCE YELLOW CORN FRUIT COCKTAIL	GREEN BEANS ORANGES	MASHED POTATOES DICED PEACHES	FRESH CARROTS W/RANCH DIP ORANGES	ROMAINE SALAD MIX/ RANCH 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, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
CHICKEN NUGGETS W/G ROLL	BBQ CHICKEN W/G ROLL	DELI TURKEY & CHEESE SANDWICH	TACO SALAD W/ NACHO CHEESE	PIZZA
PINTO BEANS ORANGES	MASHED POTATOES TROPICAL FRUIT MIX	FRESH CARROTS W/RANCH APPLESAUCE	SHREDDED LETTUCE YELLOW CORN FRUIT COCKTAIL	ROMAINE SALAD MIX/ RANCH 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, April 30				
FRIED CHICKEN W/G ROLL				
BROCCOLI & CHEESE ORANGES				
LOW FAT OR SKIM MILK				
		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	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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