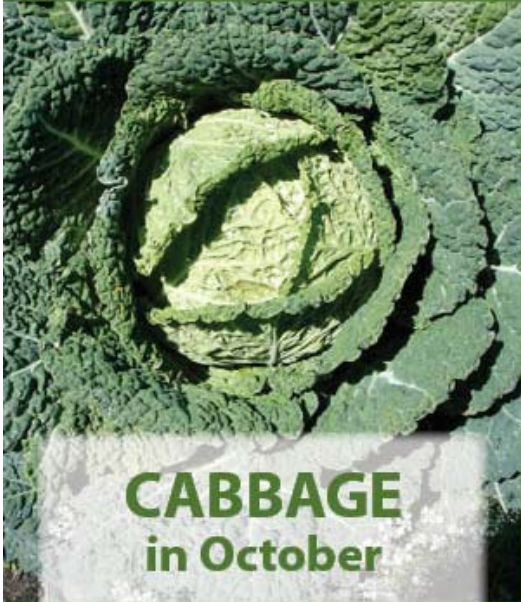


# get Local @school



## CABBAGE in October

Cabbages thrive in cool weather, so many farmers grow them in the spring or fall.

In WNC cabbage can be grown in the summer because it is cooler in the mountains.



# Menus for October 2016



## Cherokee High School

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
<p><u>Breakfast</u> Sausage &amp; Egg Biscuit Fruit</p> <p><u>Lunch</u> Mozzarella Cheese Sticks/Marinara Homemade Tomato Soup <b>NC Fresh Garden Salad</b> Potato Wedges Fresh Fruit Milk</p>	<p><u>Breakfast</u> Piggle Bites Fruit</p> <p><u>Lunch</u> Retro Pizza Cheesy Breadstick Steamed Corn Carrot Sticks w/ dip Fruit Milk</p> <p><u>Early Release</u></p>	<p><u>Indian Heritage Day</u> <u>No School</u></p>	<p><u>No School</u></p>	<p><u>No School</u></p>
Monday, October 10	Tuesday, October 11	Wednesday, October 12	Thursday, October 13	Friday, October 14
<p><u>National School Lunch Week</u> <u>Breakfast</u> Sausage Biscuit Fruit</p> <p><u>Lunch</u> Pinto Beans <b>Julia's Cabbage (Sqe-wi)</b> Scalloped Potatoes Savory Corn Bread Fresh Fruit Milk</p>	<p><u>Breakfast</u> Pancake w/ Bacon Fruit</p> <p><u>Lunch</u> Chili and Flatbread w/ fixings Potato Wedges Carrot Sticks w/ dip Fruit Milk</p>	<p><u>Breakfast</u> Banana Bread Fruit, Yogurt</p> <p><u>Lunch</u> Tammy's Taquito Rice and Bean Bowl <b>NC Fresh Garden Salad</b> Steamed Corn Fresh Fruit Milk</p>	<p><u>Breakfast</u> Scrambled Eggs, Sausage, Seasoned Potatoes, Toast, Fruit</p> <p><u>Lunch</u> Chicken Tenders Yeast Roll Crinkle Cut Fries Steamed Broccoli Fruit Milk</p>	<p><u>Breakfast</u> Breakfast Pizza Fruit</p> <p><u>Lunch</u> Hotdog w/ Chili &amp; Slaw Seasoned Potato Wedges Baked Beans Fruit Milk</p>

# Families Making the Connection

## Celebrate National Farm to School Month!

### Farm to School

Farm to School connects schools (pK-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health, and nutrition education opportunities, and supporting local and regional farmers. To learn more visit [www.farmtoschool.org](http://www.farmtoschool.org).



### Local Apple Cabbage Slaw

- In a large bowl combine:** 4 cups of chopped local cabbage, 2 cups unpeeled chopped local apples, 1 large grated carrot
- In a small bowl combine:** 1/2 cup mayonnaise, 1 tablespoon local honey or brown sugar, 1 tablespoon lemon juice
- Pour dressing over salad and mix well.** Enjoy!



Developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction. In accordance with Federal law and U.S. Department of Agriculture policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call 800.795.3272 (voice) or 202.720.6382 (TTY). USDA is an equal opportunity provider and employer. 05/10 www.ncdhs.gov www.nutritionnc.com

Sources: [www.ncagr.gov](http://www.ncagr.gov), [www.Growing-Minds.org](http://www.Growing-Minds.org)

Monday, October 17	Tuesday, October 18	Wednesday, October 19	Thursday, October 20	Friday, October 21	
<p><b>Breakfast</b> Chicken Biscuit Fruit</p> <p><b>Lunch</b> Asian Chicken w/ Rice Egg Roll w/ Duck Sauce Steamed Broccoli Asian Carrots Fresh Fruit Milk</p>	<p><b>Breakfast</b> French Toast Sticks Sausage Patty Fruit</p> <p><b>Lunch</b> Spaghetti w/ Meatballs Garlic Breadstick Green Beans <b>NC Fresh Garden Salad</b> Fruit Milk</p>	<p><b>Breakfast</b> Cinnamon Roll Fruit</p> <p><b>Lunch</b> Bean and Cheese Burrito Mexican Cornbread Steamed Corn Veggies and Dip Fresh Fruit Milk</p>	<p><b>Breakfast</b> Egg, Cheese &amp; Ham Croissant Fruit</p> <p><b>Lunch</b> Make Your Own Burger Bar Crinkle Cut Fries Pasta Salad Fruit Milk</p>	<p><b>Breakfast</b> Biscuits &amp; Gravy Fruit</p> <p><b>Lunch</b> Crispy Chicken Filet Sandwich Sweet Waffle Fries Baked Beans Fresh Fruit Milk</p>	
Monday, October 24	Tuesday, October 25	Wednesday, October 26	Thursday, October 27	Friday, October 28	
<p><b>Breakfast</b> Sausage &amp; Egg Biscuit Fresh Fruit</p> <p><b>Lunch</b> Baked Ham Creamy Mac and Cheese Seasoned Potato Wedges Collard Greens Fresh Fruit Milk</p>	<p><b>Breakfast</b> Piggle Bites Fruit</p> <p><b>Lunch</b> Tex Mex Nachos w/ Cheese Sauce Pinto Beans <b>NC Fresh Garden Salad</b> Fruit Milk</p>	<p><b>Breakfast</b> Blueberry Muffin Fruit, Yogurt</p> <p><b>Lunch</b> Country Style Steak w/ Gravy Biscuit Green Beans Mashed Potatoes Fresh Fruit Milk</p>	<p><b>Breakfast</b> Scrambled Eggs, Sausage, Seasoned Potatoes, Toast, Fruit</p> <p><b>Lunch</b> Creamy Chicken Alfredo w/ a Twist Garlic Bread Steamed Broccoli <b>NC Fresh Garden Salad</b> Fruit</p>	<p><b>Breakfast</b> Breakfast Pizza Fruit</p> <p><b>Lunch</b> Taco Salad Steamed Corn Pinto Beans Fresh Fruit Milk</p>	
Monday, October 31	<p><b>Breakfast</b> Sausage Biscuit Fruit</p> <p><b>Lunch</b> Cheesy French Bread Pizza <b>NC Fresh Garden Salad</b> Steamed Corn Fresh Fruit Milk</p>	<p><b>Other Daily Breakfast Options</b> In addition to the Breakfast on the menu the following are offered daily.</p> <p>Variety of WG Cereals and Pastries Graham Crackers 100% Fruit Juice</p>	<p><b>Other Daily Lunch Options</b></p>	<p><b>Ham and Cheese Sandwich</b> Mondays, Wednesdays Fridays <b>PBJ Sandwich w/ Cheese Stick</b> Tuesdays &amp; Thursdays <b>Big Daddy's Pizza</b> Monday-Friday <b>Salad Bar</b> Monday-Friday</p>	<p><b>CCS Supports Local</b> All menu items highlighted <b>GREEN</b> are purchased from local farmers. Cabbage (<b>Sge-wi</b>) served in the cafeteria is purchased locally. Our definition of local is within 100 miles radius of Cherokee, NC and within the state of NC.</p>