



# Orange County Schools Elementary Menus for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menus are subject to change.</b>  <b>Meal Prices</b> Breakfast: Free Lunch: \$2.75 Adults: A la carte pricing	<b>Daily Alternate Breakfast</b> <b>Entrée Options include:</b> Cereal w/Graham Crackers Assorted Grab & Go Options	Breakfast includes 100% Fruit Juice and Fruit Choice,  Breakfast and Lunch include choice of fat-free chocolate or 1% milk.	<b>February 1</b> Sweet Bread Slice  Chicken Alfredo w/Texas Toast or <b>OCS Nacho Box</b> Steamed Broccoli Tossed Salad Fruit Choice	<b>February 2</b> Manager's Choice Entrée  <b>Assorted Pizza</b> Mixed Vegetables Fresh Carrots w/Dip Fruit Choice
<b>February 5</b> Cinnamon Cheese Bites  Pork Rib Patty on Bun or <b>Grilled Cheese Sandwich</b> Vegetable Soup Oven Fries Fruit Choice	<b>February 6</b> Ham Biscuit  Chicken Sandwich or <b>Baked Taco Rollup</b> Pinto Beans Buttered Corn Fruit Choice	<b>February 7</b> Chicken Waffle Sandwich  <b>Beef &amp; Bean Chili w/Corn Muffin</b> or <b>Corn Dog Nuggets</b> Glazed Carrots Tossed Salad Fruit Choice	<b>February 8</b> Apple Strudel Stick  Chicken Pot Pie w/Roll or <b>Yogurt Snack Pack</b> Mashed Potatoes Creamed Spinach Fruit Choice	<b>February 9</b> Manager's Choice Entrée  <b>Big Game Tailgate Party</b> <b>Mini Corn Dogs</b> <b>Assorted Pizza</b> Mashed Potatoes Fresh Carrots w/Dip Steamed Broccoli Fruit Choice
<b>February 12</b> Chicken Biscuit  Cheese Pocket or <b>Meatball Sub</b> Green Beans Potato Roasters Fruit Choice	<b>February 13</b> Pancakes  Mandarin Chicken or <b>Teriyaki Beef Bites</b> <b>Vegetable Fried Rice</b> Glazed Carrots Steamed Broccoli Fruit Choice	<b>February 14</b> Egg & Cheese Croissant  Rotisserie Chicken w/Gravy & Dressing or <b>Local Cheeseburger on Bun</b> Sweet Potato Souffle Black-Eyed Peas Cherry Freeze Fruit Cup	<b>February 15</b> Breakfast Pizza  <b>Baked Spaghetti w/Texas Toast</b> or <b>Deli Sub</b> Tossed Salad Oven Fries Fruit Choice	<b>February 16</b> Manager's Choice Entrée  <b>Assorted Pizza</b> Buttered Corn Cucumber & Tomatoes w/Dip Fruit Choice
<b>February 19</b> No School Teacher Workday	<b>February 20</b> Pancake on a Stick  Fish Sandwich or <b>Hot Dog on Bun</b> Oven Fries Baked Beans Fruit Choice	<b>February 21</b> Muffin  <b>Salisbury Steak w/Gravy &amp; Roll</b> or <b>Soy Butter &amp; Jelly Sandwich</b> Mashed Potatoes Green Peas Fruit Choice	<b>February 22</b> Sweet Bread Slice  Chicken Alfredo w/Texas Toast or <b>OCS Nacho Box</b> Steamed Broccoli Tossed Salad Fruit Choice	<b>February 23</b> Manager's Choice Entrée  <b>Assorted Pizza</b> Mixed Vegetables Fresh Carrots w/Dip Fruit Choice
<b>February 26</b> Cinnamon Cheese Bites  Pork Rib Patty on Bun or <b>Grilled Cheese Sandwich</b> Vegetable Soup Oven Fries Fruit Choice	<b>February 27</b> Ham Biscuit  Chicken Sandwich or <b>Baked Taco Rollup</b> Pinto Beans Buttered Corn Fruit Choice	<b>February 28</b> Chicken Waffle Sandwich  <b>Beef &amp; Bean Chili w/Corn Muffin</b> or <b>Corn Dog Nuggets</b> Glazed Carrots Tossed Salad Fruit Choice	<b>February 29</b> Apple Strudel Stick  Chicken Pot Pie w/Roll or <b>Yogurt Snack Pack</b> Mashed Potatoes Creamed Spinach Fruit Choice	

## Families Making the Connection

### Beyond the Table

National Nutrition Month<sup>®</sup> is celebrated each March. The 2024 NNM theme is "Beyond the Table". We eat not only around a table together but also on the go, in schools and restaurants, and at games and events. Thinking beyond the table addresses the farm-to-fork aspect of nutrition, from food production to distribution, storage, preparation, and consumption. The theme helps us to think about and make the best food choices for ourselves and our families.

School meals can make a difference for students. School meals offer choices of entrées, sides, and low fat or fat free milk daily. Meals include a variety of whole grains, lean proteins, fruits, and vegetables. Many schools participate in farm to school and feature North Carolina-grown ingredients.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month<sup>®</sup>. Plan now to celebrate with your family, at your child's school, and in the community.