



Orange County Schools High School Menus for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change. Meal Prices Breakfast: \$1.75 Lunch: \$3.25 Adults: A la carte pricing	Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk.	Daily Alternate Breakfast Entrée Options include: Cereal w/Graham Crackers Assorted Grab & Go Options Alternate Breakfast Entrée Option on Mondays & Wednesdays: Fruit & Yogurt Parfait	February 1 Breakfast Pizza Chicken Alfredo or Loaded Baked Potato Roll Steamed Broccoli Tossed Salad Fruit Choice	February 2 Egg & Cheese Croissant Assorted Pizza French Fries Fresh Carrots w/Dip Fruit Choice
February 5 Ham Biscuit Chicken Grinder or Grilled Cheese Sandwich Vegetable Soup French Fries Fruit Choice	February 6 Chicken Waffle Sandwich Baked Taco Rollup w/Chips or Chicken Quesadilla Pinto Beans Buttered Corn Fruit Choice	February 7 Cinnamon Bun Beef & Bean Chili w/Corn Muffin or Corn Dog Glazed Carrots Tossed Salad Fruit Choice	February 8 Sweet Bread Slice Chicken Pot Pie w/Roll or Local Cheeseburger w/Bacon Sweet Potatoes Creamed Spinach Fruit Choice	February 9 Bacon, Egg, & Cheese Croissant Big Game Tailgate Party Mini Corn Dogs Assorted Pizza Fresh Carrots w/Dip Cheesy Broccoli Fruit Choice
February 12 Chicken Biscuit Cheese Pocket or Beef Meatballs w/Gravy & Rice Mashed Potatoes Creamed Spinach Fruit Choice	February 13 Apple Strudel Stick Mandarin Chicken or Teriyaki Beef Bites Vegetable Fried Rice Glazed Carrots Steamed Broccoli Fruit Choice	February 14 Pancakes w/Sausage & Eggs Rotisserie Chicken w/Gravy & Dressing or Beef Patty Melt Sweet Potato Souffle Black-Eyed Peas Cherry Freeze Fruit Cup	February 15 Assorted Muffins Baked Spaghetti w/Texas Toast or Deli Sub Green Beans Tossed Salad Fruit Choice	February 16 Turkey Ham & Cheese Croissant Assorted Pizza Buttered Corn Fresh Carrots w/Dip Fruit Choice
February 19 No School Teacher Workday	February 20 Pancake on a Stick Fish Sandwich w/Cheese or Hot Dog on Bun w/Toppings French Fries Baked Beans Fruit Choice	February 21 Eggs, Grits, Bacon, Hashbrowns Queso Chili Pasta w/Chips or Nacho Bites Buttered Corn Spicy Pinto Beans Salsa Fruit Choice	February 22 Breakfast Pizza Chicken Alfredo or Loaded Baked Potato Roll Steamed Broccoli Tossed Salad Fruit Choice	February 23 Egg & Cheese Croissant Assorted Pizza French Fries Fresh Carrots w/Dip Fruit Choice
February 26 Ham Biscuit Chicken Grinder or Grilled Cheese Sandwich Vegetable Soup French Fries Fruit Choice	February 27 Chicken Waffle Sandwich Baked Taco Rollup w/Chips or Chicken Quesadilla Pinto Beans Buttered Corn Fruit Choice	February 28 Cinnamon Bun Beef & Bean Chili w/Corn Muffin or Corn Dog Glazed Carrots Tossed Salad Fruit Choice	February 29 Sweet Bread Slice Chicken Pot Pie w/Roll or Local Cheeseburger w/Bacon Sweet Potatoes Creamed Spinach Fruit Choice	
Monday Alt. Options Domino's Smart Slice Pizza	Tuesday Alt. Options Double Cheeseburger Black Bean Burger	Wednesday Alt. Options Domino's Smart Slice Pizza	Thursday Alt. Options Dill Chicken Chunks w/Roll MorningStar Chik'n Nuggets w/Roll	Friday Alt. Options Spicy Chicken Sandwich

Nutrition Byte - Beyond the Table

National Nutrition Month® 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.

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®. Plan now to celebrate..