



# Orange County Schools Middle School Menus for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menus are subject to change.</b>  <b>Meal Prices</b> Breakfast: \$1.75 Lunch: \$3.25 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> <b>Breakfast Pizza</b>  <b>Chicken Alfredo</b> or <b>Loaded Baked Potato Texas Toast</b> Steamed Broccoli Tossed Salad Fruit Choice	<b>February 2</b> <b>Egg &amp; Cheese Croissant</b>  <b>Assorted Pizza</b> Mixed Vegetables Fresh Carrots w/Dip Fruit Choice
<b>February 5</b> <b>Ham Biscuit</b>  <b>Chicken Grinder</b> or <b>Grilled Cheese Sandwich</b> Vegetable Soup French Fries Fruit Choice	<b>February 6</b> <b>Chicken Waffle Sandwich</b>  <b>Baked Taco Rollup w/Chips</b> or <b>Chicken Quesadilla</b> Pinto Beans Buttered Corn Fruit Choice	<b>February 7</b> <b>Cinnamon Bun</b>  <b>Beef &amp; Bean Chili w/Corn Muffin</b> or <b>Domino's Smart Slice Pizza</b> Glazed Carrots Tossed Salad Fruit Choice	<b>February 8</b> <b>Sweet Bread Slice</b>  <b>Chicken Pot Pie w/Roll</b> or <b>Local Cheeseburger w/Bacon</b> Sweet Potatoes Creamed Spinach Fruit Choice	<b>February 9</b> <b>Egg, Bacon, &amp; Cheese Croissant</b>  <b>Big Game Tailgate Party</b> <b>Mini Corn Dogs</b> <b>Assorted Pizza</b> Fresh Carrots w/Dip Cheesy Broccoli Fruit Choice
<b>February 12</b> <b>Chicken Biscuit</b>  <b>Cheese Pocket</b> or <b>Beef Meatballs w/Gravy &amp; Rice</b> Mashed Potatoes Creamed Spinach Fruit Choice	<b>February 13</b> <b>Apple Strudel Stick</b>  <b>Mandarin Chicken</b> or <b>Teriyaki Beef Bites</b> <b>Vegetable Fried Rice</b> Glazed Carrots Steamed Broccoli Fruit Choice	<b>February 14</b> <b>Pancakes w/Sausage &amp; Eggs</b>  <b>Rotisserie Chicken w/Gravy &amp; Dressing</b> or <b>Domino's Smart Slice Pizza</b> Sweet Potato Souffle Black-Eyed Peas Cherry Freeze Fruit Cup	<b>February 15</b> <b>Assorted Muffins</b>  <b>Baked Spaghetti w/Texas Toast</b> or <b>Deli Sub</b> Green Beans Tossed Salad Fruit Choice	<b>February 16</b> <b>Turkey Ham &amp; Cheese Croissant</b>  <b>Assorted Pizza</b> Buttered Corn Fresh Carrots w/Dip Fruit Choice
<b>February 19</b> No School Teacher Workday	<b>February 20</b> <b>Pancake on a Stick</b>  <b>Fish Sandwich w/Cheese</b> or <b>Hot Dog on Bun w/Toppings</b> French Fries Baked Beans Fruit Choice	<b>February 21</b> <b>Eggs, Grits, Bacon, Hashbrowns</b>  <b>Queso Chili Pasta w/Chips</b> or <b>Domino's Smart Slice Pizza</b> Buttered Corn Pinto Beans Fruit Choice	<b>February 22</b> <b>Breakfast Pizza</b>  <b>Chicken Alfredo</b> or <b>Loaded Baked Potato Texas Toast</b> Steamed Broccoli Tossed Salad Fruit Choice	<b>February 23</b> <b>Egg &amp; Cheese Croissant</b>  <b>Assorted Pizza</b> Mixed Vegetables Fresh Carrots w/Dip Fruit Choice
<b>February 26</b> <b>Ham Biscuit</b>  <b>Chicken Grinder</b> or <b>Grilled Cheese Sandwich</b> Vegetable Soup French Fries Fruit Choice	<b>February 27</b> <b>Chicken Waffle Sandwich</b>  <b>Baked Taco Rollup w/Chips</b> or <b>Chicken Quesadilla</b> Pinto Beans Buttered Corn Fruit Choice	<b>February 28</b> <b>Cinnamon Bun</b>  <b>Beef &amp; Bean Chili w/Corn Muffin</b> or <b>Domino's Smart Slice Pizza</b> Glazed Carrots Tossed Salad Fruit Choice	<b>February 29</b> <b>Sweet Bread Slice</b>  <b>Chicken Pot Pie w/Roll</b> or <b>Local Cheeseburger w/Bacon</b> Sweet Potatoes Creamed Spinach Fruit Choice	

## 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 with your family, at your child's school, and in the community.