



Orange County Schools Pre-K Menus for February 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Menus are subject to change. | Breakfast includes: Fruit Choice 1% Milk | Lunch includes: 1% Milk | February 1 Banana Bread Slice Chicken Alfredo Steamed Broccoli Fruit Choice | February 2 Manager's Choice Entrée Assorted Pizza Fresh Carrots w/Dip Fruit Choice |
| February 5 Cinnamon Cheese Bites Grilled Cheese Sandwich Oven Fries Fruit Choice | February 6 Ham Biscuit Chicken Sandwich Pinto Beans Fruit Choice | February 7 Chicken Waffle Sandwich Beef & Bean Chili w/Corn Muffin Glazed Carrots Fruit Choice | February 8 Fruited Yogurt Chicken Pot Pie w/Roll Mashed Potatoes Fruit Choice | February 9 Manager's Choice Entrée Assorted Pizza Fresh Carrots w/Dip Fruit Choice |
| February 12 Chicken Biscuit Cheese Pocket Green Beans Fruit Choice | February 13 Pancakes Mandarin Chicken Vegetable Fried Rice Steamed Broccoli Fruit Choice | February 14 Egg & Cheese Croissant Rotisserie Chicken w/Gravy & Dressing Sweet Potato Souffle Cherry Freeze Fruit Cup | February 15 Breakfast Pizza Deli Sub Tossed Salad Fruit Choice | February 16 Manager's Choice Entrée Assorted Pizza Buttered Corn Fruit Choice |
| February 19 No School Teacher Workday | February 20 Fruited Yogurt Fish Sandwich Baked Beans Fruit Choice | February 21 Muffin Salisbury Steak w/Gravy & Roll Mashed Potatoes Fruit Choice | February 22 Banana Bread Slice Chicken Alfredo Steamed Broccoli Fruit Choice | February 23 Manager's Choice Entrée Assorted Pizza Fresh Carrots w/Dip Fruit Choice |
| February 26 Cinnamon Cheese Bites Grilled Cheese Sandwich Oven Fries Fruit Choice | February 27 Ham Biscuit Chicken Sandwich Pinto Beans Fruit Choice | February 28 Chicken Waffle Sandwich Beef & Bean Chili w/Corn Muffin Glazed Carrots Fruit Choice | February 29 Fruited Yogurt Chicken Pot Pie w/Roll Mashed Potatoes Fruit Choice | |

Families Making the Connection 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 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.

Some schools are offering recipes from the N.C. K-12 Culinary Institute or new recipes developed locally. N.C. high school students have the opportunity to work with their teachers and local School Nutrition Program to create school lunch entrée recipes. Learn more about the N.C. K-12 Culinary Institute at <https://bit.ly/3Gp5crA> and the N.C. Jr. Chef Competition at <https://bit.ly/3vMghhi>.

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. Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at www.eatright.org.