



Orange County Schools Snack Menus for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change.	wg = whole grain rich		February 1 Fruited Yogurt Fruit Choice	February 2 Baked Doritos (wg) 100% Fruit Juice
February 5 Fitness Crackers (wg) Fruit Choice	February 6 Muffin (wg) Milk	February 7 Cereal (wg) Milk	February 8 Chex Mix (wg) 100% Fruit Juice	February 9 Baked Cheetos (wg) 100% Fruit Juice
February 12 Cereal Bar (wg) Milk	February 13 Muffin (wg) Milk	February 14 Cereal (wg) Milk	February 15 Berry Bread (wg) Fruit Choice	February 16 Baked Cheetos (wg) 100% Fruit Juice
February 19 No School Teacher Workday	February 20 Mini Blueberry Loaf (wg) Milk	February 21 Cereal (wg) Milk	February 22 Fruited Yogurt Fruit Choice	February 23 Baked Doritos (wg) 100% Fruit Juice
February 26 Fitness Crackers (wg) Fruit Choice	February 27 Muffin (wg) Milk	February 28 Cereal (wg) Milk	February 29 Chex Mix (wg) 100% Fruit Juice	

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.