



Lee County Schools Elementary Menus for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
NEW Menu Items			February 1 Chicken Biscuit Macho Nachos Fiesta Black Beans Salsa, Sour Cream Mixed Fruit Milk	February 2 Pancake on Stick Pizza Romaine Salad Buttery Corn Fresh Apple Slices Milk
February 5 Apple Texas Toast Cheeseburger French Fries Bush's Baked Beans Frosted Berries Milk	February 6 Gravy Brk Pizza Chicken Tenders w Breadstick Mashed Potatoes Green Beans Mixed Fruit Milk	February 7 Mini Pancakes Grilled Cheese & PB&J Vegetable Soup Baby Carrots Applesauce Milk	February 8 Pancake On Stick Teriyaki Meatballs w Roll Roasted Broccoli Sweet Carrots Strawberry Cup Milk	February 9 Chicken Biscuit Pizza Cheese Sticks Marinara Romaine Salad Fresh Apple Slices Milk
February 12 Muffin BBQ Chicken w Corn Muffin Pinto Beans Turnip Greens Mixed Fruit Milk	February 13 Chicken Biscuit Premium Nuggets w Roll Mashed Potatoes Green Beans Frosted Berries Milk	February 14 Mini French Toast Grilled Cheese & PB&J Vegetable Soup Baby Carrots Applesauce Milk	February 15 Hot Ham & Cheese Chicken Alfredo Breadstick Roasted Broccoli Green beans Strawberry Cup Milk	February 16 Fruity Belgian Waffle Pizza Romaine Salad Buttery Corn Fresh Apple Slices Milk
February 19 	February 20 Brk Pizza Bagel Premium Chicken Sandwich French Fries Bush's Baked Beans Diced Peaches Milk	February 21 Mini Donuts Grilled Cheese & PB&J Vegetable Soup Baby Carrots Applesauce Milk	February 22 Chicken Biscuit Macho Nachos Fiesta Black Beans Salsa, Sour Cream Mixed Fruit Milk	February 23 Pancake on Stick Pizza Romaine Salad Green beans Fresh Apple Slices Milk
February 26 Apple Texas Toast Cheeseburger French Fries Bush's Baked Beans Frosted Berries Milk	February 27 Gravy Brk Pizza Chicken Tenders w Breadstick Mashed Potatoes Green Beans Mixed Fruit Milk	February 28 Mini Pancakes Grilled Cheese & PB&J Vegetable Soup Baby Carrots Applesauce Milk	February 29 Pancake On Stick Teriyaki Meatballs w Roll Roasted Broccoli Sweet Carrots Diced Pears Milk	

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.

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.