



## Lee County Elementary Schools Menus for January 2024

Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	Friday January 5
			Pop Tarts  Chicken Quesadilla Buttery Corn Fiesta Black Beans Salsa Mixed Fruit Milk	Chicken Biscuit  French Bread Pizza Romaine Salad Marinara Fresh Apple Slices Milk
January 8 Mini Donuts  Meatball Hoagie Romaine Salad Oven Baked Fries Diced Pears Milk	January 9 Breakfast Pizza Bagel  Orange Chicken Fried Rice Roasted Broccoli Sweet Carrots Diced Peaches Milk	January 10 Muffin  Grilled Cheese & PB&J Vegetable Soup Baby Carrots Applesauce Milk	January 11 Chicken Biscuit  Macho Nachos Fiesta Black Beans Salsa, Sour Cream Mixed Fruit Milk	January 12 Pancake on Stick  Pizza Romaine Salad Buttery Corn Fresh Apple Slices Milk
January 15	January 16 Pop Tarts  Premium Chicken Sandwich French Fries Bush's Baked Beans Frosted Berries Milk	January 17 Mini Pancakes  Grilled Cheese & PB&J Vegetable Soup Baby Carrots Applesauce Milk	January 18 Pancake On Stick  Beef Bites w Fried Rice Roasted Broccoli Sweet Carrots Diced Pears Milk	January 19 Chicken Biscuit  Pizza Romaine Salad Buttery Corn Fresh Apple Slices Milk
January 22 Muffin  Chicken Quesadilla Buttery Corn Fiesta Black Beans Salsa Mixed Fruit Milk	January 23 Chicken Biscuit  Corn dog Nuggets French Fries Baked Beans Fruit Cup Milk	January 24 Mini French Toast  Grilled Cheese & PB&J Vegetable Soup Baby Carrots Applesauce Milk	January 25 Hot Ham & Cheese  Chicken Tenders & Waffle Hash brown Green Beans Strawberry Cup Milk	January 26 Belgian Waffle  Pizza Romaine Salad Buttery Corn Fresh Apple Slices Milk
January 29 Mini Donuts  Meatball Hoagie Romaine Salad Roasted Potatoes Diced Pears Milk	January 30 Breakfast Pizza Bagel  Orange Chicken Fried Rice Roasted Broccoli Sweet Carrots Diced Peaches Milk	January 31 Muffin  Grilled Cheese & PB&J Vegetable Soup Baby Carrots Applesauce Milk		

### Nutrition Byte

#### An Apple a Day!

Apples are a fruit that grow on trees. Did you know they are grown in all fifty of the United States? For North Carolina, apples are an important part of our agriculture economy.

Sweet or tart – there is an apple for every taste. Apples come in a variety of different sizes, colors, and flavors. A number of different cultivars are grown in North Carolina. Red Delicious, Golden Delicious, Granny Smith, Gala, Fuji, Honey Crisp, Empire, Rome Beauty, and Pink Lady are a few examples.

**Fun Fact:** Cut an apple cross-wise to see how the seeds and carpels form a “star” design.

Apples can be available year-round. North Carolina apples can be purchased July through February. To find an apple orchard nearby, visit the N.C. Department of Agriculture & Consumer Services website, <https://gottobenc.com/find-local>. Or use the Visit N.C. farms app, <https://visitncfarmstoday.com/>.

Apples can be eaten fresh or cooked. . They can be purchased fresh – whole or sliced. Apples can also be sold in slices canned, frozen, or dried or as a sauce or juice. Before eating or preparing, wash fresh, whole apples under clean, running water.

One small apple has about 77 calories. One cup of apple slices has about 57 calories. Apples are cholesterol free, low in fat and sodium, and a good source of vitamin C and fiber. **Nutrilink:** Learn more about apples and other produce from the N.C. Department of Public Instruction fruit and vegetable fact sheets, <https://bit.ly/3c30kws>. Enjoy apples today!