



Lee County Preschool Menus for January 2024

Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	Friday January 5
			PK Cereal, Juice, Milk Chicken Quesadilla Buttery Corn Fiesta Black Beans Milk	PK Cereal, Juice, Milk French Bread Pizza Marinara Fresh Apple Slices Milk
January 8 PK Cereal, Juice, Milk Meatball Hoagie Oven Baked Fries Diced Pears Milk	January 9 Muffin, Juice, Milk Orange Chicken Fried Rice Roasted Broccoli Sweet Carrots Milk	January 10 PK Cereal, Juice, Milk Grilled Cheese & PB&J Vegetable Soup Applesauce Milk	January 11 Banana Bread, Juice, Milk Macho Nachos Fiesta Black Beans Mixed Fruit Milk	January 12 PK Cereal, Juice, Milk Pizza Buttery Corn Fresh Apple Slices Milk
January 15	January 16 PK Cereal, Juice, Milk Premium Chicken Sandwich French Fries Bush's Baked Beans Milk	January 17 PK Cereal, Juice, Milk Grilled Cheese & PB&J Vegetable Soup Applesauce Milk	January 18 Banana Bread, Juice, Milk Beef Bites w Fried Rice Roasted Broccoli Sweet Carrots Milk	January 19 PK Cereal, Juice, Milk Pizza Buttery Corn Fresh Apple Slices Milk
January 22 PK Cereal, Juice, Milk Chicken Quesadilla Buttery Corn Fiesta Black Beans Milk	January 23 Muffin, Juice, Milk Corndog Nuggets French Fries Baked Beans Milk	January 24 PK Cereal, Juice, Milk Grilled Cheese & PB&J Vegetable Soup Applesauce Milk	January 25 Banana Bread, Juice, Milk Chicken Tenders Hash brown Green Beans Milk	January 26 PK Cereal, Juice, Milk Pizza Buttery Corn Fresh Apple Slices Milk
January 29 PK Cereal, Juice, Milk Meatball Hoagie Roasted Potatoes Diced Pears Milk	January 30 Muffin, Juice, Milk Orange Chicken Fried Rice Roasted Broccoli Sweet Carrots Milk	January 31 PK Cereal, Juice, Milk Grilled Cheese & PB&J Vegetable Soup 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!