





Lee County Schools Preschool Menus for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 NEW Menu Items			February 1 Brk Bread, Juice, Milk Macho Nachos Fiesta Black Beans Mixed Fruit Milk	February 2 PK Cereal, Juice, Milk Pizza Buttery Corn Fresh Apple Slices Milk
February 5 PK Cereal, Juice, Milk Cheeseburger French Fries Bush's Baked Beans Milk	February 6 Muffin, Juice, Milk Chicken Tenders Mashed Potatoes Green Beans Milk	February 7 PK Cereal, Juice, Milk Grilled Cheese Vegetable Soup Applesauce Milk	February 8 Brk Bread, Juice, Milk  Teriyaki Meatballs w Roll Roasted Broccoli Sweet Carrots Milk	February 9 PK Cereal, Juice, Milk Pizza Cheese Sticks Marinara Fresh Apple Slices Milk
February 12 PK Cereal, Juice, Milk BBQ Chicken w Corn Muffin Pinto Beans  Turnip Greens Milk	February 13 Muffin, Juice, Milk Premium Nuggets Mashed Potatoes Green Beans Milk	February 14 PK Cereal, Juice, Milk Grilled Cheese Vegetable Soup Applesauce Milk	February 15 Brk Bread, Juice, Milk  Chicken Alfredo Roasted Broccoli Strawberry Cup Milk	February 16 PK Cereal, Juice, Milk Pizza Buttery Corn Fresh Apple Slices Milk
February 19	February 20 PK Cereal, Juice, Milk Premium Chicken Sandwich French Fries Bush's Baked Beans Milk	February 21 Mini Donuts Grilled Cheese Vegetable Soup Applesauce Milk	February 22 Brk Bread, Juice, Milk Macho Nachos Fiesta Black Beans Mixed Fruit Milk	February 23 PK Cereal, Juice, Milk Pizza Green beans Fresh Apple Slices Milk
February 26 PK Cereal, Juice, Milk Cheeseburger French Fries Bush's Baked Beans Milk	February 27 Muffin, Juice, Milk Chicken Tenders Mashed Potatoes Green Beans Milk	February 28 PK Cereal, Juice, Milk Grilled Cheese Vegetable Soup Applesauce Milk	February 29 Brk Bread, Juice, Milk Teriyaki Meatballs w Roll Roasted Broccoli Sweet Carrots 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.

This institution is an equal opportunity provider.
<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>