

# [Insert Public School Unit] Breakfast Menus for February 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| February 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| February 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| February 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| February 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
|  |  |  |  |  |

## Nutrition Byte

### Food Connects Us

National Nutrition Month® (NNM) is celebrated each March. The 2025 NNM theme is “Food Connect Us”. Food connects us to our cultures, our families, and our friends. When you eat, do you think about how it was prepared, who made it, what the ingredients are, and where and how the ingredients were sourced? What influences how we eat? Our health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers you not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.

Plan now to celebrate National Nutrition Month with your family, at your school, and in the community. Find a registered dietitian nutritionist (RDN), nutrition tips and recipes, and #NNM info from the Academy of Nutrition and Dietetics at [www.eatright.org](http://www.eatright.org).



# [Insert Public School Unit] Lunch Menus for February 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| February 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | February 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | February 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | February 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | February 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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