

# [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 |
|  |  |  |  |  |

## Families Making the Connection

### 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. Sharing a meal is an opportunity to learn about its preparation, who made it, and how and where the ingredients were sourced. 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 students 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>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.

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](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 Entré  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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