

# [Insert Public School Unit] Breakfast Menus for February 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | February 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 3 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 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 10 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 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 17 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 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 24 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

### Fuel for the Future

National Nutrition Month® is celebrated each March. The 2023 NNM theme is “Fuel for the Future”. Often, when we are young, we think of the here and now, not the future. When we make eating choices, we should make smart choices to not only fuel our bodies now but also build strong bodies for the future. Whole grains, fruits, vegetables, lean proteins, and low fat or fat free dairy help us do that.

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 feature North Carolina-grown ingredients as well. 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](http://www.eatright.org).



# [Insert Public School Unit] Lunch Menus for February 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | February 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | February 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | February 3 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 | February 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | February 9 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | February 10 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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