

# [Insert Public School Unit] Breakfast Menus for February 2024

| **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 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 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 9 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 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 16 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 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | February 23 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 | February 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free 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](http://www.eatright.org).



# [Insert Public School Unit] Lunch Menus for February 2024

| **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 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 | 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 |
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