

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

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| January 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |

## Nutrition Byte

### An Apple a Day!

Apples are a fruit that grow on trees. Did you know they are grown in all fifty of the United States? For North Carolina, apples are an important part of our agriculture economy.

Sweet or tart – there is an apple for every taste. Apples come in a variety of different sizes, colors, and flavors. A number of different cultivars are grown in North Carolina. Red Delicious, Golden Delicious, Granny Smith, Gala, Fuji, Honey Crisp, Empire, Rome Beauty, and Pink Lady are a few examples.

**Fun Fact:** Cut an apple cross-wise to see how the seeds and carpels form a “star” design.

Apples can be available year-round. North Carolina apples can be purchased July through February. To find an apple

orchard nearby, visit the N.C. Department of Agriculture & Consumer Services website, https://gottobenc.com/find-local. Or use the Visit N.C. farms app, https://visitncfarmstoday.com/.

Apples can be eaten fresh or cooked. . They can be purchased fresh – whole or sliced. Apples can also be sold in slices canned, frozen, or dried or as a sauce or juice. Before eating or preparing, wash fresh, whole apples under clean, running water.

One small apple has about 77 calories. One cup of apple slices has about 57 calories. Apples are cholesterol free, low in fat and sodium, and a good source of vitamin C and fiber. **Nutrilink:** Learn more about apples and other produce from the N.C. Department of Public Instruction fruit and vegetable fact sheets, <https://bit.ly/3c30kws>. Enjoy apples today!



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

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| --- | --- | --- | --- | --- |
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