



February



BIG CITY BITES



Join us at Big City Bites station, where we invite our students to savor the spirit of Charleston through our **BBQ Pulled Pork with Carolina BBQ Sauce** - a culinary journey that captures the essence of Southern hospitality in every bite.

FRESH PICK



Cabbage often overlooked in the realm of vegetables, deserves a place of honor in February. Beyond its humble appearance, this cruciferous gem is a nutritional powerhouse that adds both flavor and health benefits to our meals.

WELLNESS EDUCATION



Wellness education is the key to unlocking the full potential of a healthy and fulfilling life. As we embark on this journey together, let's **share the love** we extend to ourselves and our communities through the pursuit of knowledge, self-care, and holistic well-being. Together, we can create a world where love, in all its forms, is at the heart of wellness education.

SPECIAL FOOD DAY



On February 9th, let's unite in the universal joy that is pizza. **National Pizza Day** is a time to savor the simple pleasures of melted cheese, zesty tomato sauce, and the perfect crust. So, grab a slice and join the celebration of National Pizza Day!

HERITAGE MONTH



In celebrating **Black History Month**, we acknowledge the strength of the past, celebrate the richness of the present, and pave the way for a future where every story is heard, every contribution is valued, and every individual is given the opportunity to shine.

Nutrition Services nutrition information is available upon request.