



Orange County Schools Hillsborough ES Menus for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices Breakfast: Free Lunch: \$2.75 Adults: A la carte pricing Menus are subject to change.	Daily Alternate Breakfast Entrée Options include: Cereal w/Graham Crackers Assorted Grab & Go Options	Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk.	January 2 No School Winter Break	January 3 No School Winter Break
January 6 Pancake on a Stick Chicken Wrap or Cheeseburger on Bun or Nacho Snack Pack Carrots Tater Tots Fruit Choice	January 7 Bacon & Cheese Biscuit Chicken Fajita Rice Bowl or Beef Teriyaki Bites w/Rice Mexicali Corn Pinto Beans Fruit Choice	January 8 Strawberry Bagel Bar Corn Dog or Manager's Entrée Choice or Nacho Snack Pack Deli Potato Roasters Seasoned Greens Fruit Choice	January 9 Sweet Bread Slice Macaroni & Cheese w/Chicken Nuggets or Pork BBQ w/Corn Muffin Cole Slaw Green Beans Fruit Choice	January 10 Manager's Choice Entrée Assorted Pizza or Nacho Snack Pack Buttered Corn Carrots w/Dip Fruit Choice
January 13 Pancakes Hot Ham & Cheese on Croissant or Cheeseburger on Bun or Pizza Fun Box Vegetable Soup Oven Fries Fruit Choice	January 14 Sausage Biscuit Loaded Beef Nachos or Loaded Chicken Nachos Pinto Beans Salsa Fruit Choice	January 15 Banana Bread Mandarin Chicken w/Rice or Chicken Dumplings or Pizza Fun Box Oriental Vegetable Blend Broccoli Fruit Choice	January 16 Honey Bun Baked Spaghetti w/Texas Toast or Pizza Dippers w/Marinara Sauce Garden Salad Carrots Fruit Choice	January 17 Manager's Choice Entrée Assorted Pizza or Pizza Fun Box Buttered Corn Vegetable Choice Fruit Choice
January 20 No School Martin Luther King, Jr Holiday	January 21 Donut Chicken & Waffle or French Toast Sticks w/Sausage Hash Browns Carrots Fruit Choice	January 22 Chicken Biscuit Beef Soft Taco w/Trimmings or Crispy Chicken Chef Salad w/Crackers or Yogurt Snack Pack Seasoned Black Beans Tater Tots Fruit Choice	January 23 Muffin Salisbury Steak w/Rice or Manager's Entrée Choice Green Beans Garden Salad Fruit Choice	January 24 Manager's Choice Entrée Assorted Pizza or Yogurt Snack Pack Buttered Corn Broccoli Fruit Choice
January 27 Pancake on a Stick Chicken Wrap or Cheeseburger on Bun or Nacho Snack Pack Carrots Tater Tots Fruit Choice	January 28 Bacon & Cheese Biscuit Chicken Fajita Rice Bowl or Beef Teriyaki Bites w/Rice Mexicali Corn Pinto Beans Fruit Choice	January 29 Strawberry Bagel Bar Corn Dog or Manager's Entrée Choice or Nacho Snack Pack Deli Potato Roasters Seasoned Greens Fruit Choice	January 30 Sweet Bread Slice Macaroni & Cheese w/Chicken Nuggets or Pork BBQ w/Corn Muffin Cole Slaw Green Beans Fruit Choice	January 31 Manager's Choice Entrée Assorted Pizza or Nacho Snack Pack Buttered Corn Carrots w/Dip Fruit Choice

Families Making the Connection

Move Your Way – Be Active Every Day!

January is Family Fitness Month, a great time to renew or start a fitness routine with your family. Families that are active are healthier. Families that are active together have more fun!

Physical activity fosters normal growth and development, can make people feel better, function better, sleep better, and reduce the risk of chronic diseases. According to the Physical



Activity Guidelines for Americans, youth ages 6-17 should be active for at least 60 minutes each day. For substantial health benefits, adults should do at least 150-300 minutes a week of moderate-intensity, or 75-150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination.

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<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>