



## Orange County Schools High School Menus for February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 3</b> <b>Muffin</b> Cheese Pockets w/Marinara or Honey Sriracha Chicken w/Roll or <b>Protein Bento Box</b> Maple-Roasted Sweet Potatoes Green Beans Fruit Choices	<b>February 4</b> <b>Blueberry Biscuit</b> Hot Ham & Cheese Sandwich or <b>Chicken Sandwich</b> Tomato Soup Baked Beans Fruit Choices	<b>February 5</b> <b>Eggs and Bacon w/ Toast</b> Baked Spaghetti w/Texas Toast or <b>BBQ Sandwich</b> or <b>Fruit Parfait w/Granola</b> Broccoli w/Cheese Buttered Corn Fruit Choices	<b>February 6</b> <b>Breakfast Sandwich w/Hashbrowns</b> Open-Face Turkey Sandwich w/Gravy or <b>Chicken Wings w/Roll</b> Sweet Potatoes Green Peas Fruit Choices	<b>February 7</b> <b>Apple Strudel</b> Assorted Pizza or <b>Spicy Chicken Sandwich</b> or <b>Nacho Box</b> French Fries Cucumber & Tomato Salad Fruit Choices
<b>February 10</b> <b>Strawberry Bagel</b> Chicken Fajita Wrap or <b>Assorted Pizza</b> or <b>Protein Bento Box</b> Broccoli Roasted Carrots Fruit Choices	<b>February 11</b> <b>Croissant Sandwich</b> Bacon Cheeseburger on Bun or <b>Saucy Boneless Wings w/Roll</b> Baked Beans French Fries Fruit Choices	<b>February 12</b> <b>Honey Bun</b> Chicken Pot Pie w/Roll or <b>Salisbury Steak w/Gravy &amp; Roll</b> or <b>Fruit Parfait w/Granola</b> Mashed Potatoes Spinach Fruit Choices	<b>February 13</b> <b>Breakfast Sandwich w/Hashbrowns</b> Build Your Own Nachos or <b>Chicken Wings w/Roll</b> Green Beans Maple-Roasted Sweet Potatoes Fruit Choices	<b>February 14</b> <b>Waffles w/Sausage Links</b> Assorted Pizza or <b>Spicy Chicken Sandwich</b> or <b>Nacho Box</b> French Fries Carrots w/Dip Fruit Choices
<b>February 17</b> <b>Breakfast Pizza</b> Chicken Quesadilla or <b>Local Cheeseburger on Bun</b> or <b>Corn Dog Nuggets</b> Baked Beans French Fries Fruit Choices	<b>February 18</b> <b>Warm Cinnamon Roll</b> Taco Bake w/Chips or <b>Mandarin Orange Chicken w/Rice</b> Broccoli Glazed Carrots Fruit Choices	<b>February 19</b> <b>Super Donut</b> Meatballs w/Gravy & Roll or <b>Lasagna w/Texas Toast</b> or <b>Fruit Parfait w/Granola</b> Mashed Potatoes Green Peas Fruit Choices	<b>February 20</b> <b>Breakfast Sandwich w/Hashbrowns</b> Loaded Fries w/Roll or <b>Chicken Wings w/Roll</b> or <b>Manager's Choice Entrée Salad</b> Sweet Potato Fries Green Beans Fruit Choices	<b>February 21</b> <b>Sweet Bread Slice</b> Assorted Pizza or <b>Spicy Chicken Sandwich</b> or <b>Nacho Box</b> Waffle Fries Carrots w/Dip Fruit Choices
<b>February 24</b> <b>Muffin</b> Cheese Pockets w/Marinara or Honey Sriracha Chicken w/Roll or <b>Protein Bento Box</b> Maple-Roasted Sweet Potatoes Green Beans Fruit Choices	<b>February 25</b> <b>Blueberry Biscuit</b> Hot Ham & Cheese Sandwich or <b>Chicken Sandwich</b> Tomato Soup Baked Beans Fruit Choices	<b>February 26</b> <b>Eggs and Bacon w/ Toast</b> Baked Spaghetti w/Texas Toast or <b>BBQ Sandwich</b> or <b>Fruit Parfait w/Granola</b> Broccoli w/Cheese Buttered Corn Fruit Choices	<b>February 27</b> <b>Breakfast Sandwich w/Hashbrowns</b> Open-Face Turkey Sandwich w/Gravy or <b>Chicken Wings w/Roll</b> Sweet Potatoes Green Peas Fruit Choices	<b>February 28</b> No School Teacher Workday
<b>Meal Prices</b> Breakfast: \$1.75 Lunch: \$3.25 Adults: A la carte pricing	<b>Menus are subject to change.</b>	<b>Daily Alternate Breakfast Entrée Options include:</b> 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	

### 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.

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/>.

**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!