



Orange County Schools Pre-K Menus for February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
February 3 Pancakes Cheeseburger on Bun Oven Fries Fruit Choice	February 4 Sausage Biscuit Loaded Nachos Pinto Beans Fruit Choice	February 5 Banana Bread Slice Mandarin Chicken w/Rice Broccoli Fruit Choice	February 6 Whole Grain Cereal Baked Spaghetti Garden Salad Fruit Choice	February 7 Manager's Choice Entrée Assorted Pizza Buttered Corn Fruit Choice
February 10 Waffle Grilled Cheese Sandwich Oven Fries Fruit Choice	February 11 Whole Grain Cereal Chicken Nuggets Hash Browns Fruit Choice	February 12 Chicken Biscuit Beef Soft Taco w/Trimming Seasoned Black Beans Fruit Choice	February 13 Muffin Salisbury Steak w/Rice Green Beans Fruit Choice	February 14 Manager's Choice Entrée Assorted Pizza Broccoli Fruit Choice
February 17 Whole Grain Cereal Chicken Wrap Carrots Fruit Choice	February 18 Bacon & Cheese Biscuit Chicken Fajita Rice Bowl Pinto Beans Fruit Choice	February 19 Strawberry Bagel Bar Nacho Snack Pack Deli Potato Roasters Fruit Choice	February 20 Banana Bread Slice Macaroni & Cheese Green Beans Fruit Choice	February 21 Manager's Choice Entrée Assorted Pizza Buttered Corn Fruit Choice
February 24 Pancakes Cheeseburger on Bun Oven Fries Fruit Choice	February 25 Sausage Biscuit Loaded Nachos Pinto Beans Fruit Choice	February 26 Banana Bread Slice Mandarin Chicken w/Rice Broccoli Fruit Choice	February 27 Whole Grain Cereal Baked Spaghetti Garden Salad Fruit Choice	February 28 No School Teacher Workday
Menus are subject to change.	Breakfast includes: Fruit Choice 1% Milk			

Families Making the Connection

An Apple a Day

Apples are a fruit that grow on trees. They are grown in all fifty of the United States. For North Carolina, apples are an important part of the 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.

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. 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!