



Orange County Schools Middle School Menus for February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
February 3 Sausage Croissant Pizza Dippers or Chicken Chunks French Fries Black-eyed Peas Fruit Choice	February 4 Pancake & Chicken Sandwich Local Cheeseburger on Bun or Honey Sriracha Glazed Chicken w/Rice Steamed Carrots Broccoli Fruit Choice	February 5 Muffin Lasagna Roll-Up or Assorted Pizza Tossed Garden Salad Corn Fruit Choice	February 6 Honey Bun Open-Face Turkey Sandwich w/Gravy or Corn Dog Nuggets Sweet Potatoes Green Beans Fruit Choice	February 7 Egg & Cheese Croissant Assorted Pizza Ranch Roasted Vegetables Fresh Cucumbers w/Dip Fruit Choice
February 10 Bacon & Cheese Croissant Grilled Cheese Sandwich or Mac & Cheese w/Sausage Biscuit Tomato Soup Collard Greens Fruit Choice	February 11 Sausage Pancake on a Stick Beefaroni w/Texas Toast or Chicken Tenders French Fries Corn Fruit Choice	February 12 Dunkin Stix Hot Ham & Cheese Sandwich or Assorted Pizza Green Peas Glazed Carrots Fruit Choice	February 13 Warm Cinnamon Roll Pork BBQ w/Corn Muffin or Fish Nuggets w/Corn Muffin Baked Beans Cole Slaw Fruit Choice	February 14 Chicken Croissant Assorted Pizza Steamed Cabbage Fresh Tomatoes w/Dip Fruit Choice
February 17 Sausage, Egg, Cheese Croissant Pizza Bites or Chicken Fajita Sweet Potato Fries Pinto Beans Fruit Choice	February 18 Sweet Bread Slice BYO Burrito Bowl or Chicken Quesadilla Spicy Black Beans Tomato Salsa Fruit Choice	February 19 French Toast Sticks Chicken Pot Pie or Assorted Pizza Sweet Potatoes Collard Greens Fruit Choice	February 20 Eggs, Sausage, and Toast Chicken Wings w/Roll or Cheeseburger on Bun Ranch Roasted Potatoes Green Beans Fruit Choice	February 21 Ham & Cheese Croissant Assorted Pizza Fresh Carrots w/Dip Tossed Garden Salad Fruit Choice
February 24 Sausage Croissant Pizza Dippers or Chicken Chunks French Fries Black-eyed Peas Fruit Choice	February 25 Pancake & Chicken Sandwich Local Cheeseburger on Bun or Honey Sriracha Glazed Chicken w/Rice Steamed Carrots Broccoli Fruit Choice	February 26 Muffin Lasagna Roll-Up or Assorted Pizza Tossed Garden Salad Corn Fruit Choice	February 27 Honey Bun Open-Face Turkey Sandwich w/Gravy or Corn Dog Nuggets Sweet Potatoes Green Beans Fruit Choice	February 28 No School Teacher Workday
Meal Prices Breakfast: \$1.75 Lunch: \$3.25 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	

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/>.