



## Orange County Schools Hillsborough ES Snack Menus for February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 3</b> Snack Crackers (wg) Milk	<b>February 4</b> NutriGrain Bar (wg) 100% Fruit Juice	<b>February 5</b> Cereal Bar (wg) Milk	<b>February 6</b> Honey Bun (wg) Fruit Choice	<b>February 7</b> No School Teacher Workday
<b>February 10</b> Muffin (wg) Milk	<b>February 11</b> Rice Krispies Treat (wg) 100% Fruit Juice	<b>February 12</b> Cereal (wg) Milk	<b>February 13</b> Cheez-It Crackers (wg) 100% Fruit Juice	<b>February 14</b> Baked Doritos (wg) Fruit Choice
<b>February 17</b> Sweet Bread Slice (wg) Milk	<b>February 18</b> Pop Tart (wg) 100% Fruit Juice	<b>February 19</b> Scooby Grahams (wg) Milk	<b>February 20</b> Snack Mix (wg) Fruit Choice	<b>February 21</b> Baked Doritos (wg) 100% Fruit Juice
<b>February 24</b> Snack Crackers (wg) Milk	<b>February 25</b> NutriGrain Bar (wg) 100% Fruit Juice	<b>February 26</b> Cereal Bar (wg) Milk	<b>February 27</b> Honey Bun (wg) Fruit Choice	<b>February 28</b> Baked Cheetos (wg) 100% Fruit Juice
<b>Menus are subject to change.</b>	<b>wg = whole grain rich</b>			

### 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!