



## Orange County Schools Snack Menus for February 2025

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