



## Bethel Hill Charter School Breakfast Menus for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>February 1</b> Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 2</b> Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
<b>February 5</b> French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 6</b> Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 7</b> Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 8</b> Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 9</b> Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
<b>February 12</b> French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 13</b> Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 14</b> Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 15</b> Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 16</b> No School  Remote Learning Day
<b>February 19</b> No School	<b>February 20</b> Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 21</b> Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 22</b> Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 23</b> Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
<b>February 26</b> French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 27</b> Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 28</b> Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>February 29</b> Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	

### Families Making the Connection

#### Beyond the Table

National Nutrition Month® is celebrated each March. The 2024 NNM theme is "Beyond the Table". We eat not only around a table together but also on the go, in schools and restaurants, and at games and events. Thinking beyond the table addresses the farm-to-fork aspect of nutrition, from food production to distribution, storage, preparation, and consumption. The theme helps us to think about and make the best food choices for ourselves and our families.

School meals can make a difference for students. School meals offer choices of entrées, sides, and low fat or fat free milk daily. Meals include a variety of whole grains, lean proteins, fruits, and vegetables. Many schools participate in farm to school and feature North Carolina-grown ingredients.

Some schools are offering recipes from the N.C. K-12 Culinary Institute or new recipes developed locally. N.C. high school students have the opportunity to work with their teachers and local School Nutrition Program to create school lunch entrée recipes. Learn more about the N.C. K-12 Culinary Institute at <https://bit.ly/3Gp5crA> and the N.C. Jr. Chef Competition at <https://bit.ly/3vMghhi>.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. Plan now to celebrate with your family, at your child's school, and in the community. Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at [www.eatright.org](http://www.eatright.org).



# Bethel Hill Charter School Lunch Menus for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>February 1</b> Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>February 2</b> Pizza or Chicken Salad Pinto Beans / Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
<b>February 5</b> Chicken Nuggets or Turkey Wrap Broccoli & Cheese French Fries / Tossed Salad Peaches Lowfat or Fat Free Milk	<b>February 6</b> BBQ Sandwich or Turkey Wrap Black Eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>February 7</b> Hotdogs or Fish Sandwich Tossed Salad Coleslaw / Baked Beans Peaches Lowfat or Fat Free Milk	<b>February 8</b> Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>February 9</b> Pizza or Chicken Salad Pinto Beans Carrots / Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
<b>February 12</b> Cheeseburger or Ham and Cheese Sub Broccoli & Cheese French Fries / Tossed Salad Peaches Lowfat or Fat Free Milk	<b>February 13</b> Corn dog or Fish Nuggets with Hush Puppies / Baked Beans Coleslaw / Tossed Salad Mixed Fruit Lowfat or Fat Free Milk	<b>February 14</b> Spaghetti with Roll or Turkey Wrap Tossed Salad Black Eyed Peas Mixed Fruit Lowfat or Fat Free Milk	<b>February 15</b> Vegetable Soup With Grilled Cheese or Peanut Butter Sandwich Chocolate Chip Cookies Carrots / Fresh Fruit Lowfat or Fat Free Milk	<b>February 16</b> No School  Remote Learning Day
<b>February 19</b> No School	<b>February 20</b> BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>February 21</b> Hotdogs or Fish Sandwich Coleslaw / Tossed salad Baked Beans Peaches Lowfat or Fat Free Milk	<b>February 22</b> Taco Salad or Chicken Fajita Black Eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>February 23</b> Pizza or Chicken Salad Pinto Beans / Carrots Broccoli / Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
<b>February 26</b> Chicken Nuggets or Turkey Wrap Broccoli & Cheese French Fries / Tossed Salad Peaches Lowfat or Fat Free Milk	<b>February 27</b> Corn dog or Fish Nugget with Hush Puppies / Black Eyed Peas Coleslaw / Tossed Salad Mixed Fruit Lowfat or Fat Free Milk	<b>February 28</b> Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat Free Milk	<b>February 29</b> Vegetable Soup With Grilled Cheese or Peanut Butter Sandwich Chocolate Chip Cookies Carrots / Fresh Fruit Lowfat or Fat Free Milk	

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