



Bethel Hill Charter School Breakfast Menus for January 2024

Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	Friday January 5
No School	No School	No School	Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
January 8 Blueberry Bagel or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 9 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 10 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 11 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 12 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
January 15 No School	January 16 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 17 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 18 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 19 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
January 22 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 23 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 24 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 25 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 26 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
January 29 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 30 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	January 31 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free 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!



Bethel Hill Charter School Lunch Menus for January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
January 1 No School	January 2 No School	January 3 No School	January 4 Corndog or Fish Nuggets with Hush Puppies Baked Beans / Coleslaw Tossed Salad / Mixed Fruit Lowfat or Fat Free Milk	January 5 Pizza or Chicken Salad Pinto Beans Carrots / Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
January 8 Chicken Nuggets or Turkey Wrap Broccoli & Cheese French Fries Tossed Salad / Peaches Lowfat or Fat Free Milk	January 9 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	January 10 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk	January 11 Vegetable Soup with Grilled Cheese or Peanut Butter Sandwich Chocolate Chip Cookies Carrots / Fresh Fruit Lowfat or Fat Free Milk	January 12 Pizza or Chicken Salad Pinto Beans Carrots / Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
January 15 No School	January 16 Corndog or Fish Nuggets with Hush Puppies Baked Beans / Coleslaw Tossed Salad / Mixed Fruit Lowfat or Fat Free Milk	January 17 Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat Free Milk	January 18 Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	January 19 Pizza or Chicken Salad Pinto Beans Carrots / Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
January 22 Cheeseburger or Ham and Cheese Sub Broccoli & Cheese French Fries Tossed Salad / Peaches Lowfat or Fat Free Milk	January 23 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	January 24 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk	January 25 Vegetable Soup with Grilled Cheese or Peanut Butter Sandwich Chocolate Chip Cookies Carrots / Fresh Fruit Lowfat or Fat Free Milk	January 26 Pizza or Chicken Salad Pinto Beans Carrots / Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
January 29 Chicken Sandwich or Baked Potato with Roll Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk	January 30 Corndog or Fish Nuggets with Hush Puppies Baked Beans / Coleslaw Tossed Salad / Mixed Fruit Lowfat or Fat Free Milk	January 31 Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat Free Milk		

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