



Academy of Nutrition and Dietetics

Camp Lejeune Community Schools HS Lunch Menus for February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		February 1 Philly Cheese Steak Corn Dog Nuggets Corn Green Beans Applesauce Raisins Lowfat or Fat Free Milk	February 2 Pork Rib Patty on Bun Fish Fillet Sandwich Baked Beans Steamed Carrots Peaches Cranberries, Dried Lowfat or Fat Free Milk	February 3 Double Cheeseburger Chicken Fajitas Sweet Potato Fries California Blend Vegetables Mixed Fruit Pineapple Tidbits Lowfat or Fat Free Milk
February 6 Chicken & Waffles Cheese Quesadillas Broccoli Carrot w Ranch Dressing Fresh Apples Pears Lowfat or Fat Free Milk	February 7 Turkey Corndog Grilled Cheese Sandwich Mixed Vegetables Oven Fried Potatoes Cranberries, Dried Oranges Wedges Lowfat or Fat Free Milk	February 8 Chicken Nuggets w/ Roll Fish Nuggets Romaine Spinach Salad Peas Raisels Applesauce Lowfat or Fat Free Milk	February 9 Pepperoni Pizza Cheese Pizza Winter Blend Vegetables Steamed Corn Pears Mixed Fruit Lowfat or Fat Free Milk	February 10 Pork Rib Patty on Bun Chicken Fillet on Bun Sweet Potato Fries Green Beans Peaches Cranberries, Dried Lowfat or Fat Free Milk
February 13 Smoked Sausage w Roll Grilled Cheese Sandwich Macaroni and Cheese Cabbage Broccoli Applesauce Raisins Lowfat or Fat Free Milk	February 14 Manicotti w/ Meat Sauce Hamburger on Bun Steamed Carrots Romaine Spinach Salad Pears Pineapple Tidbit Lowfat or Fat Free Milk	February 15 Chicken Tenders w/ Roll Cheese Quesadillas Peas and Carrots Baked Beans Orange Wedges Raisins Lowfat or Fat Free Milk	February 16 Double Cheeseburger Hot Dog w Trimmings Sweet Potato Fries Crinkle Green Beans Cranberries, Dried Mixed Fruit Lowfat or Fat Free Milk	February 17 Stuffed Crust Pizza Fish Nuggets w/ Roll California Vegetables Peas Applesauce Pineapple Tidbits Lowfat or Fat Free Milk
February 20 HOLIDAY	February 21 NO SCHOOL TODAY	February 22 Chicken Cheese Tacos Grilled Cheese Sandwich Broccoli Black Bean Peaches Applesauce Lowfat or Fat Free Milk	February 23 Beefy Cheesy Pasta w Roll Chicken Fillet on Bun Mixed Vegetables Corn Raisins Pears Lowfat or Fat Free Milk	February 24 Pepperoni Pizza Cheese Pizza Baby Carrots Green Beans Mixed Fruit Oranges Lowfat or Fat Free Milk
February 27 Philly Cheese Steak Turkey Corndog Tater Tots Baked Beans Peaches Applesauce Lowfat or Fat Free Milk	February 28 Smoked Sausage Grilled Cheese Sandwich Mac and Cheese Cabbage Carrots Pears Raisins Lowfat or Fat Free Milk			

Nutrition Byte

Fuel for the Future!

Did you know National Nutrition Month® is celebrated each March? The 2023 NNM theme is “Fuel for the Future”. Often, when we are young, we think of the here and now, not the future. When we make eating choices, we should make smart choices to not only fuel our bodies now but also build strong bodies for the future. Whole grains, fruits, vegetables, lean proteins, and low fat or fat free dairy help us do that.

School meals 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 feature North Carolina-grown ingredients as well. 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. **Nutrilink:** 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 school, and in the community. **Nutrilink:** Find a

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<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>

registered dietitian nutritionist (RDN), nutrition tips, and NNM info at www.eatright.org.