



eat right Academy of Nutrition and Dietetics

Camp Lejeune Community Schools K-8 Lunch February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		February 1 Hotdog on Bun w Trimming Pork Rib Patty on Bun Sweet Potato Fries Green Beans Peaches Lowfat or Fat Free Milk	February 2 Cheeseburger on Bun Fish Nuggets Romaine Spinach Salad Peas Pears Lowfat or Fat Free Milk	February 3 Chicken Fillet on Bun Grilled Cheese Sandwich Corn Broccoli Raisins Lowfat or Fat Free Milk
February 6 Corn Dog Nuggets Fish Nuggets Baked Beans California Blend Applesauce Lowfat or Fat Free Milk	February 7 Chicken Fajitas Cheese Quesadillas Rice Black Beans Steamed Carrots Cranberries, Dried Lowfat or Fat Free Milk	February 8 Grilled Cheese Sandwich Corn Dog Nuggets Vegetable Beef Soup Sweet Potato Fries Mixed Fruit Lowfat or Fat Free Milk	February 9 Pepperoni Pizza Cheese Pizza Broccoli Baby Carrots w Ranch Pears Lowfat or Fat Free Milk	February 10 Cheeseburger on Bun Hamburger on Bun Tater Tots Green Beans Peaches Lowfat or Fat Free Milk
February 13 Chicken Fillet on Bun Grilled Cheese Sandwich Corn Green Beans Cranberries, Dried Lowfat or Fat Free Milk	February 14 Chicken Nuggets w Roll Pork Rib Patty on Bun Sweet Potato Fries California Blend Fresh Apples Lowfat or Fat Free Milk	February 15 Chicken Fried Rice Fish Sandwich on Bun Broccoli Steamed Cabbage Pears Lowfat or Fat Free Milk	February 16 Chicken Cheese Nachos Ham and Cheese on Toast Steamed Carrots Black Beans Mixed Fruit Lowfat or Fat Free Milk	February 17 Pepperoni Pizza Cheese Pizza Corn Romaine Spinach Salad Raisins Lowfat or Fat Free Milk
February 20 HOLIDAY	February 21 NO SCHOOL TODAY	February 22 Pepperoni Pizza Cheese Pizza Green Beans Corn Cranberries, Dried Lowfat or Fat Free Milk	February 23 Chicken Nuggets Roll Grilled Cheese Sandwich Steamed Carrots Peas Applesauce Lowfat or Fat Free Milk	February 24 Hamburger on Bun Cheeseburger on Bun Sweet Potato Fries Broccoli Raisins Lowfat or Fat Free Milk
February 27 Grilled Cheese Sandwich Fish Nuggets Vegetable Beef Soup Winter Blend Mixed Fruit Lowfat or Fat Free Milk	February 28 Chicken Fajitas Cheese Quesadillas Rice - Peas Carrots Black Beans Peaches Lowfat or Fat Free Milk			

Families Making the Connection

Fuel for the Future

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 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 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. 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.