



Camp Lejeune Community Schools K-12 Breakfast February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		February 1 Egg & Cheese Muffin Toast Cereal Applesauce Cup Juice Lowfat or Fat Free Milk	February 2 Bagels Oatmeal Cereal Toast Diced Peaches Juice Lowfat or Fat Free Milk	February 3 Breakfast Pizza Cereal w Toast Raisins Pears Lowfat or Fat Free Milk
February 6 French Toast Stick Oatmeal Toast Fresh Apples Juice Lowfat or Fat Free Milk	February 7 Scrambled Eggs w Toast Grits Mixed Fruit Raisins Lowfat or Fat Free Milk	February 8 Pancakes Cereal w Toast Orange Wedges Apple Lowfat or Fat Free Milk	February 9 Oatmeal Toast Cranberries, Dried Juice Lowfat or Fat Free Milk	February 10 Waffles Cereal Diced Peaches Juice Lowfat or Fat Free Milk
February 13 Bagels Oatmeal w Toast Raisins Juice Lowfat or Fat Free Milk	February 14 Cereal Toast Cranberries, Dried Juice Lowfat or Fat Free Milk	February 15 Chicken Biscuit Cereal w Toast Raisins Mixed Fruit Lowfat or Fat Free Milk	February 16 Pancakes Sausage Patty Applesauce Cup Juice Lowfat or Fat Free Milk	February 17 Breakfast Pizza Cereal w Toast Raisins Diced Pears Lowfat or Fat Free Milk
February 20 HOLIDAY	February 21 NO SCHOOL	February 22 Cinnamon Toast Oatmeal Diced Pears Pineapple Tidbits Lowfat or Fat Free Milk	February 23 Scrambled Eggs w Toast Grits Applesauce Cup Juice Lowfat or Fat Free Milk	February 24 Waffles Cereal Cranberries, Dried Juice Lowfat or Fat Free Milk
February 27 French Toast Sticks Oatmeal Fresh Apple Juice Lowfat or Fat Free Milk	February 28 Muffin Cereal w Toast Diced Peaches Pineapple Tidbits 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.