

Arapahoe Charter School K-12 FEBRUARY MENU

Go Bobcats

Families Making the Connection

Eat Right, Live Right, Feel Right

National Nutrition Month® is around the corner in March. The 2019 NNM theme is "Eat Right, Live, Feel Right". Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Here are tips for your family any time of the year:

1. Discover the benefits of a healthy eating style.
2. Opt for foods and drinks that are good for you.
3. Include a variety of foods from all food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Eat the appropriate portion sizes for you.
6. Keep it simple.
7. Make food safety part of every day routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more.
9. Be active every day with activities you enjoy.
10. Consider consulting a Registered Dietitian Nutritionist (RDN) for healthy eating guidance.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. Start planning now to celebrate with your family, at your child's school, and in the community:

- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

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



Friday, February 1

BREAKFAST
Sausage/ biscuit

LUNCH
Hot dog
Chili/crackers
Sweet potato bluff
Broccoli
Peaches

Monday, February 4

BREAKFAST
Breakfast pizza

LUNCH
Chicken tenders
Hamburger patty w/ gravy
Rice
Seasoned pinto beans
Glazed baby carrots
Applesauce cup

Tuesday, February 5

BREAKFAST
Sausage/ biscuit

LUNCH
Chicken noodles soup w/
grilled cheese sandwich
Burrito
Baked beans
Broccoli
Sliced peaches

Wednesday, February 6

BREAKFAST
Muffin

LUNCH
Baked chicken
Pork BBQ
Dinner roll
Mashed potatoes
Collards
Applesauce

Thursday, February 7

BREAKFAST
Grits / butter

LUNCH
Cheeseburger
Corn dog nuggets
Sweet potatoes
Green beans
Diced peaches

Friday, February 8

BREAKFAST
Chicken patty/ biscuit

LUNCH
Pizza
Fish sandwich
Tossed salad
Cherry tomatoes
French fries
Peach cobbler

Monday, February 11

BREAKFAST
Breakfast pizza

LUNCH
Chicken tenders
Hamburger patty w/ gravy
Dirty Rice
Seasoned pinto beans
Glazed baby carrots
Applesauce cup

Tuesday, February 12

BREAKFAST
Sausage pop/syrup

LUNCH
Macaroni and cheese/
crackers
Burrito
Broccoli
Sweet potatoes
Sliced peaches

Wednesday, February 13

BREAKFAST
Muffin

LUNCH
Hot buffalo wings
Chicken salad/ crackers
Corn collards
Applesauce



Friday, February 15

BREAKFAST
Sausage/ biscuit

LUNCH
Pizza
Fish sticks
Tossed salad
Cherry tomatoes
Tater tots
Peach cobbler

Monday, February 18



Tuesday, February 19

BREAKFAST
Pop tart

LUNCH
Chicken tenders
Macaroni and cheese
Rice
Seasoned pinto beans
Glazed baby carrots
Applesauce cup

Wednesday, February 20

BREAKFAST
Muffin

LUNCH
Turkey and gravy
Sliced ham
Rice
Mashed potatoes
Collards
Diced peaches

Thursday, February 21

BREAKFAST
Grits/ butter

LUNCH
Chicken sandwich
Burrito
Sweet potatoes
Green beans
Applesauce

Friday, February 22

BREAKFAST
Sausage/ biscuit

LUNCH
Pizza
Fish sandwich
Tossed salad
Cherry tomatoes
French fries
Peach cobbler

Monday, February 25

BREAKFAST
Breakfast pizza

LUNCH
Chicken tenders
Pork chop sandwich
Rice
pinto beans
baby carrots
Applesauce

Tuesday, February 26

BREAKFAST
French toast/ syrup

LUNCH
Chicken noodles soup/
grilled cheese sandwich
Burrito
Sweet potatoes
Green beans
Diced peaches

Wednesday, February 27

BREAKFAST
Muffin

LUNCH
Nachos
Chicken salad/crackers
Collards
Baked beans
Applesauce

Thursday, February 28

BREAKFAST
Grits /butter

LUNCH
Cheeseburger
Corn dog nuggets
Broccoli
Corn
Sliced peaches

February is Sweet Potato Month. It is our State Veggie. N.C. is the #1 sweet potato producing state in the nation. Sweet potatoes can be eaten raw or cooked as part of any meal or snack. Check out www.ncsweetpotatoes.com.

DAILY BREAKFAST OFFERING:
Variety of Cereals
Variety of Fresh Fruit/Fruit Juice
Choice of strawberry/white/chocolate milk

DAILY LUNCH OFFERING:
Fresh Fruit
Tossed salad
Choice of strawberry/white/chocolate

