



Lee County Schools Elementary Menus for February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
February 2	February 3	February 4	February 5 Yogurt & Granola	February 6 Pancake Sandwich
February 9 Yogurt & Granola	February 10 Sausage Biscuit	February 11 Bagel w Strawberry	February 12 Pancake on Stick	February 13 Chicken & Waffle
Chicken Alfredo Breadstick Fresh Garden Salad Roasted Broccoli Fruit Milk	Hot Ham & Cheese French Fries Baked Beans Fruit Milk	Chicken Tender W Waffle Potato Roaster Green Beans Fruit Milk	Grilled Cheese or PB&J Vegetable Soup Carrot Sticks w Ranch Fruit Milk	Pizza Cheese Sticks Fresh Garden Salad Buttery Corn Marinara Cup Fruit Milk
February 16	February 17 Yogurt & Granola	February 18 Bagel w Strawberry	February 19 Chicken Biscuit	February 20 Pancake Sandwich
February 23 Yogurt & Granola	February 24 Apple & Cherry Strudel	February 25 Pancake Sandwich	February 26 Chicken Biscuit	February 27 Pancake on Stick
Spaghetti w Garlic Bread Fresh Garden Salad Buttery Corn Diced Peaches Milk	Hot Ham & Cheese French Fries Baked Beans Mixed Fruit Milk	Beefy Nachos Ranchero Pinto Salsa, Sour Cream Jalapenos Diced Pears Milk	Grilled Cheese or PB&J Vegetable Soup Carrot Sticks w Ranch Spiced Apple Slices Milk	Pizza Cheese Sticks Fresh Garden Salad Buttery Corn Marinara Cup Frosted Berries Milk

Nutrition Byte

Discover the Power of Nutrition

Plan ahead to celebrate National Nutrition Month® (NNM) in March! Each March the Academy of Nutrition and Dietetics recognizes National Nutrition Month®. Plan to celebrate with your family, at your school, and in the community.

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

The 2026 NNM theme is “Discover the Power of Nutrition”, an emphasis on nutrition’s role in helping individuals and communities thrive. This theme highlights that food is more than just nutrition—it’s a powerful tool that connects people to their health, culture, and community! Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. **Nutrilink:** Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.