



Edgecombe County Public Schools K-8 Menus for January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
January 2 No School Winter Break	January 3 No School Winter Break	January 4 No School Winter Break	January 5 Pop Tarts Chilled Diced Peaches Popcorn Chicken w/Biscuit Mashed Potatoes Garden Peas Applesauce Cup	January 6 Breakfast Muffin Chilled Pears Cheesy Pepperoni Pizza Cheesy Bites Sweet Potato Fries Green Beans Chilled Mixed Fruit Fresh Fruit
January 9 Sausage Biscuit Fresh Fruit Cheesburger on Bun Fish & Cheese on Bun Broccoli & Cheese Oven Fries Chilled Pears Fresh Fruit	January 10 Super Donut Fresh Fruit Salisbury Steak w/Rice & Gravy Beefaroni w/Garlic Bread Baked Beans Tater Tots Strawberry Cup Birthday Treat	January 11 Glazed Cinnamon Bun Chilled Mixed Fruit BBQ or Baked Chicken Roll Macaroni & Cheese Steamed Collards Candied Yams Peach Cup Fresh Fruit	January 12 Chicken Biscuit Chilled Diced Peaches Dill Chicken Bites w/Biscuit Mashed Potatoes Whole Kernel Corn Chilled Applesauce	January 13 Lemon Bread Chilled Pears Individual Pepperoni Pizza Cheesy Bites Sweet Potato Fries Green Beans Chilled Mixed Fruit Fresh Fruit
January 16 Holiday Martin Luther King, Jr Day	January 17 Super Donut Fresh Fruit Tacos w/Chips BBQ on Bun Taco Trimmers Baked Beans Tater Tots Strawberry Cup	January 18 Glazed Cinnamon Bun Chilled Mixed Fruit Baked Spaghetti w/Garlic Toast Whole Kernel Corn Candied Yams Peach Cup Fresh Fruit	January 19 Breakfast Pizza Chilled Diced Peaches Chicken Nuggets w/ Biscuit Mashed Potatoes Garden Peas Applesauce Cup	January 20 Breakfast Muffin Chilled Pears Beef Fiestada Pizza Cheesy Bites Sweet Potato Fries Green Beans Chilled Mixed Fruit Fresh Fruit
January 23 Sausage Biscuit Fresh Fruit Hot Dog on Bun w/Chili Toasted Cheese Sandwich Vegetable Beef Soup Baked Beans Chilled Pears Fresh Fruit	January 24 Super Donut Fresh Fruit Spicy Chicken Sandwich Tater Tots Broccoli w/ Cheese Strawberry Cup	January 25 Glazed Cinnamon Bun Chilled Mixed Fruit BBQ or Baked Chicken Roll Macaroni & Cheese Steamed Collards Candied Yams Peach Cup Fresh Fruit	January 26 Breakfast Pizza Chilled Diced Peaches Mandarin Orange Chicken w/Rice Whole Kernel Corn Baby Carrots w/Dip Chilled Applesauce	January 27 Lemon Bread Chilled Pears Cheesy Pepperoni Pizza Cheesy Bites Sweet Potato Fries Green Beans Chilled Mixed Fruit Fresh Fruit
January 30 Sausage Biscuit Fresh Fruit Bacon Cheeseburger Catfish w/Strips w/Roll Broccoli & Cheese Oven Fries Chilled Pears Fresh Fruit	January 31 Super Donut Fresh Fruit Deli Turkey & Bacon Sandwich BBQ on Bun Tater Tots Baked Beans Strawberry Cup	Menu Subject to Change Without Notice		Daily Breakfast Offerings Whole Grain Cereal Bars & Pop Tarts 100% Fruit Juice Unflavored & Flavored Skim Milk and Unflavored 1% Milk
Food Allergy Disclaimer: Please be aware that Child Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens.				

Families Making the Connection

Vary Your Protein with Pulses

Legumes are plants with seed pods that split along with side when they are ripe. Pulses are the nutritionally-dense, edible seeds that grow inside the seed pods of legumes, including dry beans, peas, lentils and chickpeas. Pulses are warm weather crops that are usually planted in the spring or early summer. Pulses are harvested in the fall when their moisture content is low enough that they can be dried and stored.

Pulses offer protein, iron, potassium, magnesium, folate, and fiber. They are cholesterol free and low in fat and sodium. Learn more about pulses at <https://bit.ly/3c30kws>. Enjoy pulses, or beans and peas, today!