



Edgecombe County Public Schools K-8 Menus for February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		February 1 Pancake Sausage Bites Chilled Mixed Fruit Baked Spaghetti w/Garlic Toast Deli Turkey & Bacon Sub Whole Kernel Corn Candied Yams Peach Cup Fresh Fruit	February 2 Chicken Biscuit Chilled Diced Peaches Chicken Nuggets w/Biscuit Mashed Potatoes Garden Peas Applesauce Cup	February 3 Breakfast Muffin Chilled Pears Cheesy Pepperoni Pizza Cheese Pizza Sweet Potato Fries Green Beans Chilled Mixed Fruit Fresh Fruit
February 6 Sausage Biscuit Fresh Fruit Cheeseburger on Bun Fish Nuggets w/Roll Broccoli & Cheese Oven Fries Chilled Pears Fresh Fruit	February 7 Super Donut Fresh Fruit Chicken Fajita w/Salsa Corn Dog Nuggets Baked Beans Tater Tots Strawberry Cup Birthday Treat	February 8 Glazed Cinnamon Bun Chilled Mixed Fruit BBQ or Baked Chicken Roll Macaroni & Cheese Steamed Collards Candied Yams Peach Cup Fresh Fruit	February 9 Breakfast Pizza Chilled Diced Peaches Popcorn Chicken w/Biscuit Mashed Potatoes Whole Kernel Corn Chilled Applesauce	February 10 Lemon Bread Chilled Pears Individual Pepperoni Pizza Pizza Sticks w/Salsa Sweet Potato Fries Green Beans Chilled Mixed Fruit Fresh Fruit
February 13 No School Teacher Workday	February 14 Mini Cinnamon Bun Fresh Fruit Tacos w/Chips BBQ on Bun Taco Trimmers Baked Beans Tater Tots Strawberry Cup	February 15 Pancake Sausage Bites Chilled Mixed Fruit Beefaroni w/Garlic Toast Hot Ham & Cheese on Bun Whole Kernel Corn Candied Yams Peach Cup Fresh Fruit	February 16 Chicken Biscuit Chilled Diced Peaches Chicken Nuggets w/ Biscuit Mashed Potatoes Garden Peas Applesauce Cup	February 17 Breakfast Muffin Chilled Pears Beef Fiestada Pizza Cheese Pizza Sweet Potato Fries Green Beans Chilled Mixed Fruit Fresh Fruit
February 20 Sausage Biscuit Fresh Fruit Hot Dog on Bun w/Chili Toasted Cheese Sandwich Vegetable Beef Soup Baked Beans Chilled Pears Fresh Fruit	February 21 Super Donut Fresh Fruit Spicy Chicken Sandwich Corn Dog Nuggets Tater Tots Broccoli w/ Cheese Strawberry Cup	February 22 Glazed Cinnamon Bun Chilled Mixed Fruit BBQ or Baked Chicken Roll Macaroni & Cheese Steamed Collards Candied Yams Peach Cup Fresh Fruit	February 23 Pancake Sausage on Stick Chilled Diced Peaches Mandarin Orange Chicken w/Rice Whole Kernel Corn Baby Carrots w/Dip Chilled Applesauce	February 24 Pop Tarts Chilled Pears Cheesy Pepperoni Pizza Pizza Sticks w/Salsa Sweet Potato Fries Green Beans Chilled Mixed Fruit Fresh Fruit
February 27 Sausage Biscuit Fresh Fruit Cheeseburger on Bun Cattfish w/Strips w/Roll Broccoli & Cheese Oven Fries Chilled Pears Fresh Fruit	February 28 Mini Cinnamon Bun 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	Daily Lunch Offerings PB&J Sandwiches Chef Salads: Every Monday Tuesday & Wednesday 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

Sweetpotatoes – Our State Veggie

Did you know North Carolina is the #1 producer of sweetpotatoes in the United States? Over 50 percent of U.S. grown sweetpotatoes are from North Carolina.

Sweetpotatoes differ from potatoes. Both are vegetables, but sweetpotatoes are roots and potatoes are underground stems called tubers. Sweetpotatoes can be orange, white, beige, yellow, pink, purple, violet, or red in color.

Sweetpotatoes are nutrient-rich. They contain beta-carotene, vitamins A and C, manganese, and fiber. They are cholesterol free and low in fat and sodium. Learn more about sweetpotatoes and other North Carolina-grown produce at <https://bit.ly/3c30kws>. Enjoy a sweetpotato today!