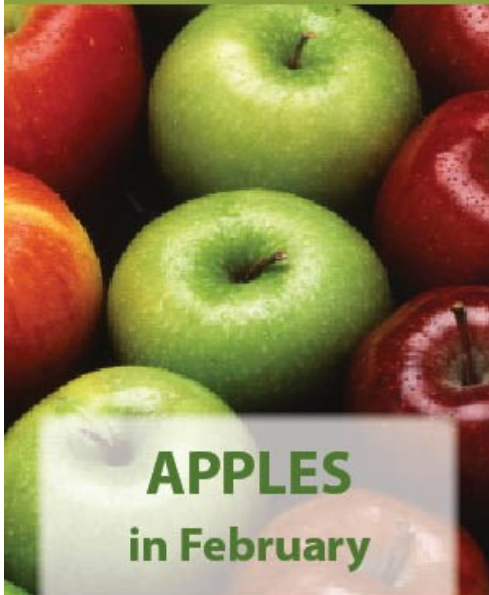


get
Local
@school



APPLES
in February

Apple trees first originated in western Asia.

NC ranks seventh in apple production in the United States.



Menus for February 2017

Cherokee Elementary School

		Wednesday, February 1	Thursday, February 2	Friday, February 3
<p>Other Daily Lunch Options PBJ Sandwich w/ Cheese Stick & Ham and Cheese Sandwich</p> <p>Both sandwiches will be offered Monday-Friday.</p>	<p>Other Daily Breakfast Options In addition to the Breakfast on the menu the following are offered daily.</p> <p>Variety of WG Cereals Graham Crackers 100% Fruit Juice</p>	<p>Breakfast Cinnamon Roll Banana</p> <p>Lunch Crispy Chicken Filet Sandwich Sweet Waffle Fries Baked Beans Pre-Packed Grapes Milk</p>	<p>Breakfast Egg, Cheese & Ham Croissant Mixed Fruit</p> <p>Lunch Hamburger/ Cheeseburger Crinkle Cut Fries Carrot Sticks Diced Pears Milk</p>	<p>Breakfast Breakfast Pizza Orange Wedges</p> <p>Lunch Bean and Cheese Burrito Steamed Corn Veggies and Dip Apple Slices Milk</p>
		Monday, February 6	Tuesday, February 7	Wednesday, February 8
<p>Breakfast Chicken Biscuit Apple Slices</p> <p>Lunch Pinto Beans Julia's Cabbage (Sge-wi) Scalloped Potatoes Savory Corn Bread Pre-Packed Grapes Milk</p>	<p>Breakfast Pancakes and Bacon Blueberries</p> <p>Lunch Hotdog w/ Chili & Slaw Seasoned Potato Wedges Baked Beans Mixed Fruit</p>	<p>Breakfast Banana Bread, Yogurt Banana</p> <p>Lunch Tammy's Taquito Rice and Bean Bowl NC Fresh Garden Salad Steamed Corn Orange Wedges Milk</p>	<p>Breakfast Parfaits</p> <p>Lunch Chicken Tenders Crinkle Cut Fries Steamed Broccoli Diced Pears Milk</p>	<p>Breakfast Biscuits & Gravy Applesauce</p> <p>Lunch Retro Pizza Steamed Corn Carrot Sticks w/ dip Sliced Apples Milk</p>
		Friday, February 10		

Applesauce

Ingredients:

- Several pounds of local apples
- Your favorite local honey
- Cinnamon
- Nutmeg

Directions:

Cut apples into small pieces and place in a large pot with a little bit of water. Simmer for 20-30 minutes until soft.

Mash with a potato masher until you reach the desired consistency.

Sweeten as desired with local honey, and season with cinnamon and nutmeg to taste.

Monday, February 13

Breakfast

Sausage Biscuit
Apple slices

Lunch

Mozzarella Cheese
Sticks/Marinara
Homemade Tomato
Soup

NC Fresh Garden Salad

Potato Wedges
Mandarin Oranges
Milk

Tuesday, February 14

Breakfast

Piggletstick
Blueberries

Lunch

Salisbury Steak
Mashed Potatoes w/
Gravy
Green Beans
Biscuit
Applesauce
Milk

Wednesday, February 15

Breakfast

Blueberry Muffin
Banana, Yogurt

Lunch

Retro Pizza
Cheesy Breadstick w/
Marinara
Steamed Broccoli
Carrot Sticks w/ dip
Orange Wedges

Thursday, February 16

Breakfast

Egg, Cheese & Ham
Croissant
Mixed Fruit

Lunch

Taco Salad
Steamed Corn
Pinto Beans
Diced Pears
Milk

Friday, February 17

Breakfast

Breakfast Pizza
Orange Wedges

Lunch

Corn Puppies
Steamed Broccoli
Tator Tots
Appleslices
Milk

Monday, February 20

**NO
SCHOOL**

Tuesday, February 21

Breakfast

Bacon & Egg Biscuit
Peaches Canned

Lunch

Asian Chicken w/ Rice
Steamed Broccoli
Asian Carrots
Mandarin Oranges
Milk

Wednesday, February 22

Breakfast

Cinnamon Roll
Banana

Lunch

Crispy Chicken Filet
Sandwich
Sweet Waffle Fries
Baked Beans
Pre-Packed Grapes
Milk

Thursday, February 23

Breakfast

Scrambled Eggs,
Sausage, Seasoned
Potatoes, Toast,
Mixed Fruit

Lunch

Creamy Chicken Alfredo
w/ a Twist
Garlic Bread
Steamed Broccoli
**NC Fresh Garden
Salad**

Friday, February 24

Breakfast

Biscuits & Gravy
Applesauce

Lunch

Bean and Cheese
Burrito
Steamed Corn
Veggies and Dip
Apple Slices
Milk

Monday, February 27

Breakfast

Sausage Biscuit
Fruit

Lunch

Baked Ham
Creamy Mac and
Cheese
Seasoned Potato
Wedges
Collard Greens
Blueberries

Tuesday, February 28

Breakfast

French Toast Sticks
Fruit

Lunch

Tex Mex Nachos
w/ Cheese Sauce
Pinto Beans
**NC Fresh Garden
Salad**
Mixed Fruit
Milk



Developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.

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Sources: www.ncagr.gov, www.Growing-Minds.org