

# MIDDLE SCHOOL LUNCH FEBRUARY 2020 BRIDGE ACADEMY

**FOOD BYTES**  
*EAT RIGHT, BITE BY BITE*

NATIONAL NUTRITION MONTH® (NNM) IS COMING UP IN MARCH. THE 2020 THEME IS "EAT RIGHT, BITE BY BITE". THE FOOD CHOICES YOU MAKE MATTER. TIPS FOR YOU AND YOUR FAMILY:

1. DISCOVER THE BENEFITS OF HEALTHY EATING.
2. OPT FOR FOODS AND DRINKS THAT ARE GOOD FOR YOU.
3. EAT A VARIETY FROM ALL FOOD GROUPS.
4. SELECT HEALTHIER OPTIONS WHEN EATING AWAY FROM HOME.
5. EAT THE RIGHT PORTION SIZES FOR YOU.
6. KEEP IT SIMPLE.
7. USE GOOD FOOD SAFETY PRACTICES EVERY DAY.

MONDAY, FEBRUARY 3	TUESDAY, FEBRUARY 4	WEDNESDAY, FEBRUARY 5	THURSDAY, FEBRUARY 6	FRIDAY, FEBRUARY 7
Macaroni & Cheese W/ Garden Salad Apples Oranges Applesauce Cup	Cheeseburger W/ Roll Carrots Corn Sliced Oranges Ketchup Packet	Chicken Taco W/ Garbanzo Beans Corn Oranges Apples	Cheese Pizza W/ Garden Salad Green Beans Apples Oranges	<b>HALF DAY</b>
MONDAY, FEBRUARY 10	TUESDAY, FEBRUARY 11	WEDNESDAY, FEBRUARY 12	THURSDAY, FEBRUARY 13	FRIDAY, FEBRUARY 14
Chicken Nuggets W/ Smiley Fries Applesauce Cup Corn, Peas & Carrots Ketchup Packet	Chicken Sandwich W/ Carrots Lettuce Sliced tomato Oranges Ketchup Packet	Chicken Taco W/ Garbanzo Beans Corn Peas Apples	Cheese Pizza W/ Garden Salad Green Beans Apples Oranges	<b>CLOSED</b>
MONDAY, FEBRUARY 17	TUESDAY, FEBRUARY 18	WEDNESDAY, FEBRUARY 19	THURSDAY, FEBRUARY 20	FRIDAY, FEBRUARY 21
<b>CLOSED</b>	<b>CLOSED</b>	Chicken Sandwich W/ Carrots Lettuce Sliced tomato Oranges Ketchup Packet	Cheese Pizza W/ Garden Salad Green Beans Apples Oranges	Chicken Nuggets W/ Smiley Fries Applesauce Cup Corn, Peas & Carrots Ketchup Packet
MONDAY, FEBRUARY 24	TUESDAY, FEBRUARY 25	WEDNESDAY, FEBRUARY 26	THURSDAY, FEBRUARY 27	FRIDAY, FEBRUARY 28
Chicken Taco W/ Garbanzo Beans Corn Oranges Apples	Chicken Sandwich W/ Carrots Lettuce Sliced tomato Oranges Ketchup Packet	Macaroni & Cheese W/ Garden Salad Apples Oranges Applesauce Cup	Cheese Pizza W/ Garden Salad Green Beans Apples Oranges	<b>HALF DAY</b>
				It's Sweet Potato Month. Did you know 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: <a href="http://www.ncsweetpotatoes.com">www.ncsweetpotatoes.com</a>

**MIDDLE SCHOOL OFFERED:**

1. MILK 8 FL OZ. 1% FAT FREE OR FAT FREE CHOC
2. 1.5 OZ. MEAT / MEAT ALTERNATIVE (WEEKLY MINIMUM 9-10)
3. 1/2 CUP FRUIT
4. 1/2 CUP OF VEGETABLES

**\*\* ALL STUDENTS MAY REFUSE 2 OF THE ABOVE BUT MUST TAKE ATLEAST 1/2 CUP OF FRUIT / VEGGIE EQUIVALENT. \*\***

*February*

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month

**\*\*This institution is an equal opportunity provider.\*\***  
**\*\*Menu subject to change based on freshness, delivery, inclement weather and/or availability.\*\***