Food Bytes

Healthier Students, Healthier Schools, Healthier Communities

Did you know students miss less school and are more alert and focused in healthy schools? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students and healthier communities. To support student health and academics, the N.C. State Board of Education passed the *Healthy Active Children Policy* and the *Whole School, Whole Community, Whole Child Resolution.* School districts also passed local wellness policies.

How can students and families help?

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes members from education, health and the community, including students and families.
- Volunteer for your school or district level wellness committee.
- Offer whole grains, fruit, vegetables, lowfat dairy wherever food is sold/shared.
- Use non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Use and choose non-food rewards.
- Eat and promote school meals.
- Be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

Nutrilink: For more info on school health, visit www.nchealthyschools.org.

Menus for January 2019

MHS Breakfast Menu

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	Holiday	Annual Leave	CHICKEN *BISCUIT or CEREAL (MARSHMALLOW MATEYS), PEARS, GRAPE JUICE*	BACON & EGG BISCUIT or MINI BERRY PANCAKES, APPLESAUCE, ORANGE JUICE
Monday, January 7	**Tuesday, January 8**	**Wednesday, January 9**	**Thursday, January 10**	**Friday, January 11**
BACON & EGG BISCUIT or MINI BERRY WAFFLE, APPLESAUCE CUP, GRAPE JUICE	*SAUSAGE BISCUIT or CEREAL (TRIX) & TOAST, APPLESAUCE ORANGE JUICE*	CHICKEN BISCUIT or *CEREAL (COCO PUFF) & TOAST,* MIXED FRUIT, GRAPE JUICE	*HAM BISCUIT or CEREAL (CINN.TOAST) & TOAST,* PEARS, APPLE JUICE	*BISCUIT, SAUSAGE GRAVY OR* MINI MAPLE PANCAKES, PEACHES GRAPE JUICE
Monday, January 14	**Tuesday, January 15**	**Wednesday, January 16**	**Thursday, January 17**	**Friday, January 18**
HAM BISCUIT or or BREAKFAST PIZZA, *PEARS, GRAPE JUICE*	CHICKEN BISCUIT or PANCAKE & SAUSAGE ON A STICK, PEACHES, APPLE JUICE	BACON & EGG BISCUIT or *CEREAL (MARSHMALLOW MATEYS), PINEAPPLE, ORANGE JUICE*	*BISCUIT, SAUSAGE GRAVY or CEREAL (COCO PUFF) & TOAST,* APPLESAUCE, *APPLE JUICE*	*SAUSAGE BISCUIT or CEREAL (TRIX) & TOAST, MIXED FRUIT, GRAPE JUICE*
Monday, January 21	**Tuesday, January 22**	**Wednesday, January 23**	**Thursday, January 24**	**Friday, January 25**
Holiday	Teacher Workday	BACON & EGG BISCUIT or MINI MAPLE FRENCH TOAST, PEACHES, GRAPE JUICE	*HAM BISCUIT or CEREAL (CINN.TOAST) & TOAST, PEARS, APPLE JUICE*	CHICKEN BISCUIT or *CEREAL (COCO PUFF) & TOAST,* APPLESAUCE, ORANGE JUICE
Monday, January 28	**Tuesday, January 29**	**Wednesday, January 30**	**Thursday, January 31**	
HAM BISCUIT or BAGEL & CREAM CHEESE BAR w/ cinnamon spread, PEARS, GRAPE JUICE	*BISCUIT, SAUSAGE GRAVY or* BREAKFAST PIZZA, APPLESAUCE, ORANGE JUICE	BACON & EGG BISCUIT or MINI CHOC. CHIP FRENCH TOAST, PEACHES, APPLE JUICE	*SAUSAGE BISCUIT or CEREAL (TRIX) & TOAST, MIXE FRUIT, APPLE JUICE*	

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month

Developed by School Nutrition Services, N.C. Department of Public Instruction.
NCDPI and USDA are equal opportunity providers and employers. 5/18
http://childnutrition.ncpublicschools.gov

Sources: http://stateboard.ncpublicschools.gov/, www.ascd.org/programs/learning-and-health.aspx, www.nchealthyschools.org