

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 & MAI Lunch Menu

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
A VARIETY OF MILK IS OFFERED DAILY	Holiday	Annual Leave	Rib-a-Que /Sp. DBL Cheese Burger, Baby Carrots, Lettuce, Tomato, Crinkle Fries, Peaches, Applesauce Or Chicken Casserole, Roll, Creamed Potatoes, Peas & Carrots, Applesauce, Peaches	Cheese Burger, Slaw, Baked Beans, Waffle Sweet Potato Fries, Mixed Fruit, Pears Or BBQ, Roll, Baked Beans, Waffle Sweet Potato Fries, Slaw, Mixed Fruit, Pears
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Cheese Pizza, Corn, Tossed Salad, Mixed Fruit, Pears Or Salisbury Steak, Roll, Green Peas, Creamed Potatoes, Mixed Fruit, Pears	Sloppy Joe/Sp. Chicken Sandwich, Baby Carrots, Slaw, Pickles, Broccoli & Cheese, Pineapple, Baked Apples Or Orange Glazed Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple, Baked Apples	Cheese Burger, Lettuce, Tomato, Sweet Potato Puffs, Bean Salad, Peaches, Pears Or Chicken Fajitas, Salsa, Black Beans, Shredded Lettuce, Diced Tomato, Peaches, Pears	Chicken Sandwich, Spinach, Tomato, Waffle Sweet Potato Fries, Peaches, Mixed Fruit Or Lasagna, Garlic Roll, Mixed Vegetables, Tossed Salad, Peaches, Mixed Fruit	Vegetable Beef Soup w/Grilled Cheese /Sp. DBL Cheese Burger, Crinkle Fries, Sliced Tomato, Pickles, Pears, Applesauce Or Chicken Pie, Green Beans, Corn, Pears, Applesauce
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Cheese Burger, Lettuce, Tomato, Waffle Fries, Bean Salad, Peaches, Mixed Fruit Or Chicken Nuggets, Roll, Slaw, Peas & Carrots, Waffle Fries, Peaches, Mixed Fruit	Hot Dog w/chili/Sp. DBL Cheese Burger, Slaw, Onions, Sweet Potato Puffs, Applesauce, Pears Or Sausage, Eggs, Gravy, Biscuits, Sliced Tomatoes, Sweet Potato Puffs, Applesauce, Pears	Pepperoni Pizza, Green Beans, Caesar Salad, Peaches, Apple Crips Or Ham w/Macaroni & Cheese, Roll, Slaw, Pinto Beans, Peaches, Apple Crisp	Chicken Sandwich, Spinach, Tomato, Broccoli & Cheese, Peas, Mixed Fruit Or Spaghetti, Garlic Roll, Caesar Salad, Roasted Broccoli, Peas, Mixed Fruit	BBQ Sandwich /Sp. Spicy Chicken Sandwich, Slaw, Pickles, Tater Tots, Peaches, Pears Or Chili Beans, Crackers, Tater Tots, Slaw, Peaches, Pears
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
Holiday	Teacher Workday	Cheese Burger, Slaw, Onions, Sweet Potato Puffs, Bean Salad, Mixed Fruit, Peaches Or Chicken w/Gravy, Rice, Mixed Vegetables, Slaw, Mixed Fruit, Peaches	Meatball Sub /Sp. Chicken Tenders, Roll, Tater Tots, Caesar Salad, Applesauce, Baked Apples Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, Baked Apples, Applesauce	Chicken Sandwich, Spinach, Tomato, Pickles, Broccoli & Cheese, Peas, Pineapple Or Hamburger Steak w/Gravy, Roll, Baked Potato, Broccoli & Cheese, Peas, Pineapple
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Other Options
Hot Ham & Cheese/Sp. DBL Cheese Burger, Lettuce, Tomato, Roasted Broccoli, Applesauce, Mixed Fruit Or Beef-a-roni, Garlic Roll, Tossed Salad, Roasted Broccoli, Applesauce, Mixed Fruit	Pepperoni Pizza, Tossed Salad, Green Beans, Peaches, Pears Or Meatloaf, Roll, Creamed Potatoes, Green Beans, Peaches, Pears	Cheese Burger, Lettuce, Tomato, Sweet Potato Puffs, Bean Salad, Apple Crisp, Mixed Fruit Or Chicken & Cheese Quesadilla, Shredded Lettuce, Black Beans, Diced Tomatoes, Salsa, Apple Crisp, Mixed Fruit	Comdog /Sp. Spicy Chicken Sandwich, Slaw, Pickles, Tater Tots, Peaches, Pears Or Vegetable Beef Soup w/Grilled Cheese, Crackers, Sweet Potato Puffs, Pickles, Slaw, Peaches, Pears	Variety of Boxed Salads Variety of Special Pizzas Taco Bar Sub Bar

January

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



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>