

# Food Bytes

## Eat Right, Live Right, Feel Right

National Nutrition Month<sup>®</sup> (NNM) is coming up in March. The 2019 theme is “Eat Right, Live Right, Feel Right”. 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.
8. Think about the food you have on hand before buying more.
9. Be active every day.
10. Ask a Registered Dietitian Nutritionist (RDN) for nutrition guidance.

Plan now to celebrate with your family, at your school, and in your community:

- Work with a RDN, chef or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote NNM.
- Promote NNM at school with posters, stickers, PA announcements, a recipe contest and educational activities.
- Volunteer at a community garden or food bank. Host a food drive.


**Nutrilink:** Find a RDN, nutrition tips and NNM info at [www.eatright.org](http://www.eatright.org).

## February

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

# Menus for February 2019

## MHS & MAI Lunch Menu

				Friday, February 1
	<b>A VARIETY OF MILK IS OFFERED DAILY</b>	<b>Other Options</b> Variety of Boxed Salads Variety of Special Pizzas Taco Bar Sub Bar Asian Bowl		Rib-a-que /Sp. Chicken Tenders, Roll, Crinkle Fries, Baby Carrots, Applesauce, Peaches Or Chicken Casserole, Roll, Creamed Potatoes, Peas & Carrots, Applesauce, Peaches
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
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 Sandwich /Sp. DBL Cheese Burger, Crinkle Fries, Sliced Tomato, Pickles, Mixed Fruit, Applesauce Or Chicken Pie, Green Beans, Corn, Mixed Fruit, Applesauce
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
Cheese Burger/Sp. Spicy Chicken Sandwich, Lettuce, Tomato, Pickles, Waffle Fries, Peaches, Mixed Fruit Or Chicken Nuggets, Roll, Slaw, Peas & Carrots, Creamed Potatoes, Peaches, Mixed Fruit	Hot Dog w/chili/Sp. DBL Cheese Burger, Slaw, Onions, Waffle Sweet Potato Fries, Applesauce, Pears Or Sausage, Eggs, Gravy, Biscuits, Sliced Tomatoes, Sweet Potato Puffs, Applesauce, Pears	Pepperoni Pizza, Green Beans, Caesar Salad, Baby Carrots, Peaches, Apple Crisp Or Ham w/Macaroni & Cheese, Roll, Slaw, Pinto Beans, Sweet Potatoes, Peaches, Apple Crisp	Chicken Sandwich, Spinach, Tomato, Broccoli & Cheese, Peaches, Mixed Fruit Or Spaghetti, Garlic Roll, Caesar Salad, Roasted Broccoli, Peaches, Mixed Fruit	BBQ Sandwich /Sp. Chicken Sandwich, Slaw, Pickles, Tater Tots, Baked Beans, Peaches, Pears Or Chili Beans, Crackers, Tater Tots, Slaw, Peaches, Pears
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
Cheese Burger, Slaw, Onions, Sweet Potato Puffs, Bean Salad, Mixed Fruit, Peaches Or Chicken w/Gravy, Rice, Sweet Potatoes, Mixed Vegetables, Slaw, Mixed Fruit, Peaches	Meatball Sub /Sp. Chicken Tenders, Roll, Tater Tots, Caesar Salad, Peaches, Baked Apples Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, Baked Apples, Peaches	Chicken Sandwich, Spinach, Tomato, Pickles, Broccoli & Cheese, Peaches, Applesauce Or Hamburger Steak w/Gravy, Roll, Baked Potato, Broccoli & Cheese, Peaches, Applesauce	Deli Turkey & Cheese Sandwich/ Sp. Spicy Chicken Sandwich, Baby Carrots, Lettuce, Tomato, Sweet Potato Waffle Fries, Baked Apples, Mixed Fruit Or Chicken Wrap, Shredded Lettuce, Sliced Tomato, Fresh Baby Carrots, Baked Apples, Mixed Fruit	Cheese Pizza, Corn, Tossed Salad, Applesauce, Peaches Or Fish, Roll, Corn, Slaw, Black-Eyed Peas, Applesauce, Peaches
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	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>
Hot Ham & Cheese/Sp. DBL Cheese Burger, Lettuce, Tomato, Roasted Broccoli, Crinkle Fries, Applesauce, Pears Or Beef-a-roni, Garlic Roll, Tossed Salad, Roasted Broccoli, Applesauce, Pears	Pepperoni Pizza, Tossed Salad, Green Beans, Peaches, Mixed Fruit Or Meatloaf, Roll, Creamed Potatoes, Green Beans, Peaches, Mixed Fruit	Cheese Burger, Lettuce, Tomato, Waffle Sweet Potato Fries, Baked Beans, Apple Crisp, Peaches Or Chicken & Cheese Quesadilla, Shredded Lettuce, Black Beans, Diced Tomatoes, Salsa, Apple Crisp, Peaches	Corn dog /Sp. Chicken Sandwich, Pickles, Lettuce, Sweet Potato Puffs, Peaches, Peaches Or Vegetable Beef Soup w/Grilled Cheese, Crackers, Sweet Potato Puffs, Pickles, Sliced Tomato, Peaches, Pears	



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