

Menus for January 2019

Fresh Fruit & Vegetable Menu

Families Making the Connection

Healthier Students, Healthier Schools, Healthier Communities

In healthy schools, kids are more alert and focused on learning and miss less school. They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students and healthier communities. The N.C. State Board of Education has demonstrated their commitment to student health and academic achievement by passing the *Healthy Active Children Policy* and the *Whole School, Whole Community, Whole Child Resolution*. Also, each school district has passed a local wellness policy. Families can take steps to support student wellness in school, at home and in the community:

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes representation 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 or shared.
- Use healthy non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Utilize non-food rewards.
- Eat and promote school meals.
- Help students be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

Go to www.nchealthyschools.org for more info.

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	Holiday	Annual Leave	Tangelo's (Nova)	
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Pear (Cactus)	Cauliflower (white, purple, orange) W/FF Ranch	Orange (Mandarin)	Honeymoon Melons (Galia)	
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
APPLE	Spinach Salad w/ Sugar Snap Peas, Radish, shredded Carrots W/FF Raspberry	Orange Pineapple	Grapefruit (Indian River)	
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
Holiday	Teacher Workday	Orange	2 Different types of Broccoli W/FF Ranch	
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Tangerine (Robinson)	Blueberries (Rabbit eye)	CARROTS (orange, purple, white) W/FF Ranch	APPLE	



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. 05/18 <http://childnutrition.ncpublicschools.gov>