

Menus for January 2019

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