

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

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	School Holiday- No School	School Holiday- No School	School Holiday- No School	School Holiday- No School
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Breakfast: Cereal, Graham Crackers, Orange Juice, Raisins, Milk Little Italy Meatball Sub Sweet Potato Nuggets Peaches Milk HS Alternate: Chicken Tenders And Biscuit	Breakfast: Sausage Biscuit Sandwich, Banana, Milk Beefy Mac Spinach Dinner Roll Cantaloupe Milk HS Alternate: Italian Sandwich	Breakfast: Breakfast Burrito Juice, Raisins, Milk Popcorn Chicken Bowl With Whipped Potatoes, Corn and Chicken Gravy Roll Apple & Milk HS Alt: Fajita Chicken Salad	Breakfast: Sausage, Wheat Toast, Cheesy Grits, Mixed Fruit, Milk Hamburger Baked Beans Orange Smiles Milk HS Alternate: Chicken Tenders	Breakfast: Apple Strudel, Oranges, Milk Cheese Pizza Garden Side Salad Grapes Milk HS Alternate: Crispy Chicken Salad Ripstick Breadstick
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Breakfast: Cereal Bar, Banana, Milk Hot Dog Baked Beans Orange Slices Milk HS Alternate: BBQ Chicken Sandwich	Breakfast: Sausage Biscuit, Raisins, Juice & Milk Chicken Patty Sandwich Sweet Potato Wedges Pears Milk HS Alternate: Sausage and Peppers Hoagie	Breakfast: Cereal, Graham Crackers, Oranges, Milk Roasted Turkey Green Beans Cranberry Sauce Apple Dinner Roll Milk HS Alternate: Classic Chef Salad	Breakfast: Cheese Omelet, Cheesy Grits, Wheat Toast, Apple, Milk BBQ Chicken Sandwich Mashed Potatoes Grapes Milk HS Alternate: Zesty Orange Chicken Steamed Brown Rice	Breakfast: Strawberry Pop Tart, Graham Crackers, Banana, Milk Pepperoni Pizza Fresh Broccoli Florets Apple Milk HS Alternate: Cheeseburger
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
School Holiday- No School	Breakfast: String Cheese, Cereal Bar, Banana, Milk Fiesta Bean & Cheese Burrito Fresh Baby Carrots Mixed Fruit Milk HS Alternate: Turkey Sub	Breakfast: Chicken Biscuit, Diced Bartlett Pears, Milk Macaroni & Cheese with Ham Collards Crispy Whole Apple Roll Milk HS Alternate: Classic Chef Salad	Breakfast: Breakfast Burrito Juice, Raisins, Milk BBQ Chicken Drumsticks Mashed Potatoes Dinner Roll Diced Peaches Milk HS Alternate: Crispy Chicken Salad	Breakfast: Apple Strudel, Oranges, Milk Cheese Pizza Garden Side Salad Cantaloupe Milk HS Alternate: Chicken Tenders
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
Breakfast: Cereal, Graham Crackers, Orange Juice, Raisins, Milk Cheeseburger Baked Beans Pineapple Tidbits Milk HS Alternate: Italian Sandwich	Breakfast: Sausage Biscuit, Raisins, Juice & Milk Chicken Patty Sandwich Sweet Potato Wedges Pears Milk HS Alternate: Classic Chef Salad	Breakfast: Cereal Bar, Banana, Milk Hot Dog Broccoli and Cheese Tater Tots Honeydew Milk HS Alternate: BBQ Chicken Sandwich	Breakfast: Cheese Omelet, Cheesy Grits, Wheat Toast, Apple, Milk Classic Spaghetti w/ Meatballs Garden Side Salad Orange Smiles Milk HS Alternate: Sausage and Peppers Hoagie	Breakfast: Strawberry Pop Tart, Graham Crackers, Banana, Milk Pepperoni Pizza Corn Peaches Milk HS Alternate: Crispy Chicken Salad

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>