

Families Making the Connection

Eat Right, Live Right, Feel Right

National Nutrition Month® is around the corner in March. The 2019 NNM theme is “Eat Right, Live, Feel Right”. Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Here are tips for your family any time of the year:

1. Discover the benefits of a healthy eating style.
2. Opt for foods and drinks that are good for you.
3. Include a variety of foods from all food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Eat the appropriate portion sizes for you.
6. Keep it simple.
7. Make food safety part of every day routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more.
9. Be active every day with activities you enjoy.
10. Consider consulting a Registered Dietitian Nutritionist (RDN) for healthy eating guidance.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. Start planning now to celebrate with your family, at your child’s school, and in the community:

- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

Find a registered dietitian nutritionist (RDN), nutrition tips and NNM info at www.eatright.org.

February

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

Menus for February 2019

Elementary & Middle Lunch Menu

				Friday, February 1
		A VARIETY OF MILK IS OFFERED DAILY		Rib-a-que Or Chicken Casserole, Roll, Crinkle Fries, Peas & Carrots, Applesauce
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
Cheese Pizza Or Salisbury Steak, Roll, Green Peas, Creamed Potatoes, Mixed Fruit	Sloppy Joe Or Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Baked Apples	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, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
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, Slaw, Tater Tots, Pears
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
Cheese Burger Or Chicken w/Gravy, Rice, Slaw, Mixed Vegetables, Mixed Fruit	Meatball Sub Or Chicken Alfredo, Garlic Roll, California Vegetables, Caesar Salad, Baked Apples	Chicken Sandwich Or Hamburger Steak w/Gravy, Roll, Baked Potato, Broccoli & Cheese, Pears	Turkey & Cheese Sandwich Or Chicken Wrap, Shredded Lettuce, Half Sliced Tomatoes, Baby Carrots, Mixed Fruit	Cheese Pizza Or Fish, Roll, Corn, Black-Eyed Peas, Applesauce
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	February is Sweet Potato Month. It is our State Veggie. 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 www.ncsweetpotatoes.com .
Hot Ham & Cheese Or Beef-a-roni, Garlic Roll, Tossed Salad, Roasted Broccoli, Applesauce	Pepperoni Pizza Or Meatloaf, Roll, Creamed Potatoes, Green Beans, Mixed Fruit	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	

