

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

Early College Lunch Menu

	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, Peaches	Cheese Burger Or BBQ, Roll, Baked Beans, Slaw, Pears, Mixed Fruit
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, Pears	Sloppy Joe Or Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple, Baked Apples	Cheese Burger Or Chicken Fajitas, Black Beans, Shredded Lettuce, Diced Tomato, Salsa Pears, Peaches	Chicken Sandwich Or Lasagna, Garlic Roll, Waffle Sweet Potato Fries, Tossed Salad, Peaches, Mixed Fruit	Vegetable Beef Soup w/ Grilled Cheese, Or Chicken Pie, Green Beans, Corn, Applesauce, Pears
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, Mixed Fruit	Hot Dog Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Applesauce, Pears	Pepperoni Pizza Or Ham w/Macaroni & Cheese, Roll, Green Beans, Sweet Potatoes, Baked Apples, Peaches	Chicken Sandwich Or Spaghetti, Garlic Roll, Tossed Salad, Roasted Broccoli, Mixed Fruit, Pears	BBQ Sandwich Or Chili Beans, Crackers, Pickles, Tater Tots, Pears, Peaches
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
Holiday	Cheese Pizza Or Gravy, Biscuit, Eggs, Sausage, Sliced Tomato, Sweet Potato Puffs, Applesauce, Pears	Cheese Burger Or Chicken w/Gravy, Rice, Slaw, Mixed Vegetables, Mixed Fruit, Peaches	Meatball Sub Or Chicken Alfredo, Garlic Roll, California Vegetables, Caesar Salad, Baked Apples, Pineapple	Chicken Sandwich Or Hamburger Steak w/Gravy, Roll, Baked Potato, Broccoli & Cheese, Pears, Pineapple
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Other Options
Hot Ham & Cheese Or Beef-a-roni, Garlic Roll, Tossed Salad, Roasted Broccoli, Applesauce, Mixed Fruit	Pepperoni Pizza Or Meatloaf, Roll, Creamed Potatoes, Green Beans, Peaches, Pears	Cheese Burger Or Chicken & Cheese Quesadilla, Black Beans, Shredded Lettuce, Diced Tomatoes, Salsa, Apple Crisp, Mixed Fruit	Corndog Or Vegetable Beef Soup w/ Grilled Cheese, Crackers, Pickles, Sweet Potato Puffs, Pears, Peaches	Variety of Boxed Salads Variety of Special Pizzas Nacho Bar

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month



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<http://childnutrition.ncpublicschools.gov>