

Food Bytes

Eat Right, Live Right, Feel Right

National Nutrition Month[®] (NNM) is coming up in March. The 2019 theme is “*Eat Right, Live Right, Feel Right*”. The food choices you make matter. Tips for you and your family:

1. Discover the benefits of healthy eating.
2. Opt for foods and drinks that are good for you.
3. Eat a variety from all food groups.
4. Select healthier options when eating away from home.
5. Eat the right portion sizes for you.
6. Keep it simple.
7. Use good food safety practices every day.
8. Think about the food you have on hand before buying more.
9. Be active every day.
10. Ask a Registered Dietitian Nutritionist (RDN) for nutrition guidance.

Plan now to celebrate with your family, at your school, and in your community:

- Work with a RDN, chef or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote NNM.
- Promote NNM at school with posters, stickers, PA announcements, a recipe contest and educational activities.
- Volunteer at a community garden or food bank. Host a food drive.


Nutrilink: Find a 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

MHS Breakfast Menu

				<p>A VARIETY OF MILK IS OFFERED DAILY</p>	<p>Friday, February 1</p> <p>HAM BISCUIT or CEREAL (MARSHMALLOW MATEYS), PEARS, ORANGE JUICE</p>
<p>Monday, February 4</p> <p>BACON & EGG BISCUIT or MINI BERRY WAFFLE, APPLESAUCE, GRAPE JUICE</p>	<p>Tuesday, February 5</p> <p>CHICKEN BISCUIT or CEREAL (COCO PUFF) & TOAST, MIXED FRUIT, GRAPE JUICE</p>	<p>Wednesday, February 6</p> <p>SAUSAGE BISCUIT or CEREAL (TRIX) & TOAST, APPLESAUCE, ORANGE JUICE</p>	<p>Thursday, February 7</p> <p>HAM BISCUIT or CEREAL (CINN.TOAST) & TOAST, PEARS, APPLE JUICE</p>	<p>Friday, February 8</p> <p>BISCUIT, SAUSAGE GRAVY OR MINI MAPLE PANCAKES, PEACHES, GRAPE JUICE</p>	
<p>Monday, February 11</p> <p>HAM BISCUIT or or BREAKFAST PIZZA, PEARS, GRAPE JUICE</p>	<p>Tuesday, February 12</p> <p>BACON & EGG BISCUIT or CEREAL (MARSHMALLOW MATEYS), PEARS, ORANGE JUICE</p>	<p>Wednesday, February 13</p> <p>CHICKEN BISCUIT or PANCAKE & SAUSAGE ON A STICK, PEACHES, APPLE JUICE</p>	<p>Thursday, February 14</p> <p>BISCUIT, SAUSAGE GRAVY or CEREAL (COCO PUFF) & TOAST, APPLESAUCE, APPLE JUICE</p>	<p>Friday, February 15</p> <p>SAUSAGE BISCUIT or CEREAL (TRIX) & TOAST, MIXED FRUIT, GRAPE JUICE</p>	
<p>Monday, February 18</p> <p>BACON & EGG BISCUIT or MINI MAPLE FRENCH TOAST, PEACHES, GRAPE JUICE</p>	<p>Tuesday, February 19</p> <p>HAM BISCUIT or CEREAL (CINN.TOAST) & TOAST, PEARS, APPLE JUICE</p>	<p>Wednesday, February 20</p> <p>CHICKEN BISCUIT or CEREAL (COCO PUFF) & TOAST, APPLESAUCE, ORANGE JUICE</p>	<p>Thursday, February 21</p> <p>BISCUIT, SAUSAGE GRAVY or BREAKFAST PIZZA, PEACHES, GRAPE JUICE</p>	<p>Friday, February 22</p> <p>SAUSAGE BISCUIT or CEREAL (TRIX) & TOAST, MIXED FRUIT, APPLE JUICE</p>	
<p>Monday, February 25</p> <p>BISCUIT, SAUSAGE GRAVY or BAGEL & CREAM CHEESE BAR w/ cinnamon spread, PEARS, GRAPE JUICE</p>	<p>Tuesday, February 26</p> <p>HAM BISCUIT Or BREAKFAST PIZZA, PEACHES, APPLE JUICE</p>	<p>Wednesday, February 27</p> <p>CHICKEN BISCUIT Or MINI CHOC. CHIP FRENCH TOAST, APPLESAUCE, ORANGE JUICE</p>	<p>Thursday, February 28</p> <p>BACON & EGG BISCUIT or CEREAL (CINN.TOAST) & TOAST, MIXED FRUIT, APPLE JUICE</p>	<p>It's Sweet Potato Month. Did you know 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</p>	

