

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

Early College Lunch Menu

				Friday, February 1
				Half Day Bag Lunch Turkey & Cheese Sandwich, Lettuce, Sliced Tomato, Baby Carrots, Doritos, Banana
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, Pears	Sloppy Joe Or Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Baked Apples, Pineapple	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, Mixed Fruit
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, 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	Half Day Bag Lunch Ham & Cheese Sandwich, Lettuce, Sliced Tomato, Baby Carrots, Doritos, Apple
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, Peaches	Meatball Sub Or Chicken Alfredo, Garlic Roll, California Vegetables, Caesar Salad, Baked Apples, Peaches	Chicken Sandwich Or Hamburger Steak w/Gravy, Roll, Baked Potato, Broccoli & Cheese, Pears, Applesauce	Turkey & Cheese Sandwich Or Chicken Wrap, Shredded Lettuce, Half Sliced Tomatoes, Baby Carrots, Mixed Fruit, Baked Apples	Cheese Pizza Or Fish, Roll, Corn, Black-Eyed Peas, Applesauce, Peaches
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	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
Hot Ham & Cheese Or Beef-a-roni, Garlic Roll, Tossed Salad, Roasted Broccoli, Applesauce, Pears	Pepperoni Pizza Or Meatloaf, Roll, Creamed Potatoes, Green Beans, Mixed Fruit, Peaches	Cheese Burger Or Chicken & Cheese Quesadilla, Black Beans, Shredded Lettuce, Diced Tomatoes, Salsa, Apple Crisp, Pears	Corndog Or Vegetable Beef Soup w/ Grilled Cheese, Crackers, Pickles, Sweet Potato Puffs, Pears, Peaches	



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