

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.

Menus for February 2019

				Friday, February 1
				Breakfast: Strawberry Pop Tart, Graham Crackers, Banana, Milk Pepperoni Pizza Corn Peaches Milk HS Alternate: Crispy Chicken Salad
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
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 BBQ Chicken Legs Potato Salad Fruit Salad Roll 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, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
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 Baked Apples 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 Pineapple Milk HS Alternate: Cheeseburger
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
School Holiday- No School	School Holiday- No School	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	Breakfast: Apple Strudel, Oranges, Milk Cheese Pizza Garden Side Salad Cantaloupe Milk HS Alternate: Chicken Tenders
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
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	

February

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

