

Food Bytes

Put Your Best Fork Forward

National Nutrition Month® (NNM) is coming up in March. The 2018 theme is “Go Further with Food”. In starting your day with a healthy breakfast to fueling for fitness, the food choices you make matter. Planning meals and snacks carefully can also reduce food waste. Tips for you and your family:

1. Eat a variety from all food groups.
2. Think about the food you have on hand before buying more.
3. Buy only the amount that can be eaten or frozen in a few days. Plan to use leftovers.
4. Eat the right portion sizes for you.
5. Use good food safety practices.
6. Be active every day.
7. 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 2018

Early College Lunch Menu

			Thursday, February 1	Friday, February 2
	A VARIETY OF MILK IS OFFERED DAILY		Chicken Sandwich Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Apple Crisp, Peaches	Half Day Staff Development
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Chicken Sandwich Or Fish, Roll, Crinkle Fries, Lettuce Leaf, Sliced Tomato, Applesauce, Peaches	Sloppy Joe Or Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple, Mixed Fruit	Cheese Pizza Or Chicken Wrap, Shredded Lettuce, Sliced Tomato, Baby Carrots, Pears, Baked Apples	Cheese Burger Or BBQ, Roll, Baked Beans, Slaw, Mixed Fruit, Pears	Ham & Cheese Sandwich Or Beef-a-Roni, Garlic Roll, Mixed Vegetables, Tossed Salad, Peaches, Applesauce
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Cheese Burger Or Chicken Casserole, Roll, Broccoli & Cheese, Slaw, Mixed Fruit, Peaches	Deli Turkey & Cheese Sandwich Or Chicken Nuggets, Roll, Baby Carrots, Green Beans, Pears, Applesauce	Chicken Sandwich Or Lasagna, Garlic Roll, Waffle Sweet Potato Fries, Tossed Salad, Peaches, Mixed Fruit	Hot Dog Or Chicken & Cheese Quesadilla, Black Beans, Shredded Lettuce, Diced Tomatoes, Baked Apples, Pineapple	Half Day Staff Development
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Hot Dog Or Chicken Fajitas, Black Beans, Shredded Lettuce, Diced Tomato, Peaches, Mixed Fruit	BBQ Sandwich Or Meatloaf, Roll, Mixed Vegetables, Creamed Potatoes, Pears, Pineapple	Pepperoni Pizza Or Ham w/Macaroni & Cheese, Roll, Green Beans, Baby Carrots, Applesauce, Mixed Fruit	Chicken Sandwich Or Spaghetti, Garlic Roll, Caesar Salad, Peas & Carrots, Mixed Fruit, Applesauce	Cheese Burger Or Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple, Pears,
Monday, February 26	Tuesday, February 27	Wednesday, 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
Corndog Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, Mixed Fruit, Baked Apples	Rib-A-Que Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Applesauce, Pears	Cheese Pizza Or Chicken Stir Fry, Rice, Glazed Carrots, Leaf Lettuce, Sliced Tomato, Peaches Pineapple,		

February

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



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