

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

MHS Lunch Menu

			Thursday, February 1	Friday, February 2
	A VARIETY OF MILK IS OFFERED DAILY		Chicken Sandwich, Spinach, Tomato, Pickles, Roasted Broccoli, Peaches, Apple Crisp Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Peaches, Apple Crisp	Cheese Burger, Sweet Potato Puffs, Lettuce, Tomato, Bean Salad Peaches, Pineapple Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, Peaches, Pineapple
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Chicken Sandwich, Spinach, Tomato, Crinkle Fries, Applesauce, Peaches Or Fish, Roll, Corn, Slaw, Applesauce, Peaches	Sloppy Joe /Sp. Spicy Chicken Sandwich, Slaw, Pickles, Broccoli & Cheese, Pineapple, Mixed Fruit Or Orange Glazed Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple, Mixed Fruit	Cheese Pizza, Tossed Salad, Baby Carrots, Pears, Bake Apples Or Chicken Wrap, Shredded Lettuce, Sliced Tomato, Fresh Baby Carrots, Pears, Baked Apples	Cheese Burger, Slaw, Baked Beans, Waffle Sweet Potato Fries, Mixed Fruit, Pears Or BBQ, Roll, Baked Beans, Waffle Sweet Potato Fries, Slaw, Mixed Fruit, Pears	Hot Ham & Cheese Sandwich /Sp. Chicken Tenders, Lettuce, Tomato, Tater Tots, Peaches, Applesauce 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, Slaw, Onions, Broccoli & Cheese, Bean Salad, Mixed Fruit, Peaches Or Chicken Casserole, Roll, Broccoli & Cheese, Slaw, Mixed Fruit, Peaches	Deli Turkey & Cheese Sandwich /Sp. Chicken Sandwich, Baby Carrots, Lettuce, Tomato, Green Beans, Pears, Peaches Or Chicken Nuggets, Roll, Slaw, Green Beans, Baby Carrots, Pears, Applesauce	Chicken Sandwich, Spinach, Tomato, Pickles, Waffle Sweet Potato Fries, Peaches, Mixed Fruit Or Lasagna, Garlic Roll, Mixed Vegetables, Tossed Salad, Peaches, Mixed Fruit	Hot Dog /Sp. Spicy Chicken Sandwich, Slaw, Onions, Tater Tots, Apples Crisp, Pineapple Or Chicken & Cheese Quesadilla, Shredded Lettuce, Black Beans, Diced Tomatoes, Salsa, Apples Crisp, Pineapple	Pepperoni Pizza, Corn, Caesar Salad, Peaches, Pears Or Salisbury Steak, Roll, Green Peas, Creamed Potatoes, Peaches, Pears
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Hot Dog /Sp. Chicken Tenders, Roll, Slaw, Onions, Waffle Sweet Potato Fries, Peach Crisp, Mixed Fruit Or Chicken Fajitas, Salsa, Black Beans, Shredded Lettuce, Diced Tomato, Peach Crisp, Mixed Fruit	BBQ Sandwich /Sp. Chicken Sandwich, Slaw, Pickles, Crinkle Fries, Pears, Pineapple Or Meatloaf, Roll, Mixed Vegetables, Creamed Potatoes, Slaw, Pears, Pineapple	Pepperoni Pizza, Caesar Salad, Green Beans, Applesauce, Peaches Or Ham w/Macaroni & Cheese, Roll, Slaw, Green Beans, Applesauce, Peaches	Chicken Sandwich, Spinach, Tomato, Broccoli & Cheese, Applesauce, Mixed Fruit Or Spaghetti, Garlic Roll, Caesar Salad, Peas & Carrots, Applesauce, Mixed Fruit	Cheese Burger, Lettuce, Tomato, Sweet Potato Puffs, Bean Salad, Pineapple, Pears Or Orange Glazed Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple, Pears
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
Comdog /Sp. Chicken Sandwich, Potato Wedges, Lettuce, Tomato, Baked Apples, Mixed Fruit Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, Baked Apples, Mixed Fruit	Rib-A-Que /Sp. Spicy Chicken Sandwich, Onion, Pickles, Waffle Sweet Potato Fries, Bean Salad, Applesauce, Pears Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Applesauce, Pears	Cheese Pizza, Tossed Salad, Baby Carrots, Peaches, Pineapple Or Chicken Stir Fry, Rice, Glazed Carrots, Tossed Salad, Peaches, Pineapple		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

February

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



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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