

## Families Making the Connection

### Health is Academic

Do you know that November is *Healthy Lifestyles Month*? The National PTA created Healthy Lifestyles Month to promote child health and wellness. Throughout November, PTAs nationwide participate by conducting programs to promote health education, physical activity and parental involvement. Knowing that a healthy child can achieve and learn more, PTAs are encouraging families to increase their physical activity, eat fresh fruits and vegetables, and promote healthy lifelong behaviors. *Healthy Lifestyles Month* has encouraged PTAs to get creative and develop initiatives that make living healthy fun.

North Carolina PTA has launched a *Health is Academic* campaign. NCPTA supports schools helping students learn the value of balanced nutrition, sensible exercise and good overall health. Healthy kids have better academic outcomes. What can families do?

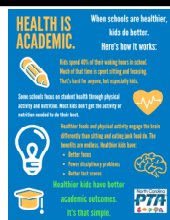
- Ask for more active recess and PE time.
- Promote healthy school meals and snacks.
- Use non-food rewards. Offer healthy options for celebrations.
- Support your school in using Energizers, the Walking Classroom, school gardens and outdoor learning environments.
- Choose fundraisers to promote healthy choices that do not include food.

For info and resources, visit:

- [www.pta.org/programs/content.cfm?ItemNumber=4280](http://www.pta.org/programs/content.cfm?ItemNumber=4280)
- <http://ncpta.org/index.php/programs/just-ask-health-program/>

## Menus for November 2017

### Elementary & Middle Lunch Menu

		Wednesday, November 1	Thursday, November 2	Friday, November 3
	<b>A VARIETY OF MILK IS OFFERED DAILY</b>	Cheese Burger Or Chicken Stir Fry, Rice, Glazed Carrots, Leaf Lettuce, Sliced Tomato, Baked Apples	Chicken Sandwich Or Hamburger Steak w/ Gravy, Roll, Baked Potato, Green Beans, Peaches	Rib-A-Que Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Applesauce
Monday, November 6	Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10
Chicken Sandwich Or Fish, Roll, Crinkle Fries, Lettuce Leaf, Sliced Tomato, Peaches	Sloppy Joe Or Orange Chicken, Rice, Oriental Vegetables, Glazed Carrots, Mixed Fruit	Cheese Pizza Or Chicken Wrap, Shredded Lettuce, Sliced Tomato, Baby Carrots, Applesauce	Cheese Burger Or BBQ, Roll, Baked Beans, Slaw, Strawberry Cup	<b>Holiday</b>
Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17
Cheese Burger Or Chicken Casserole, Roll, Mixed Vegetables, Slaw, Strawberry Cup	Chicken Sandwich Or Lasagna, Garlic Roll, Waffle Sweet Potato Fries, Tossed Salad, Peaches	Hot Dog Or Chicken & Cheese Quesadilla, Black Beans, Shredded Lettuce, Diced Tomatoes, Baked Apples	Pepperoni Pizza Or Salisbury Steak, Roll, Green Peas, Creamed Potatoes, Fresh Orange	<b>Thanksgiving Meal</b> Turkey w/Gravy, Dressing, Roll, Sweet Potatoes, Green Beans, Pumpkin Pie, Cranberry Sauce
Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24
Vegetable Beef Soup w/Grilled Cheese Sandwich Or Chicken Nuggets, Roll, Baby Carrots, Baked Beans, Peaches	Meatball Sub Or Chicken Pie, Green Beans, Corn, Mixed Fruit	<b>Teacher Workday</b>	<b>Holiday</b>	<b>Holiday</b>
Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	
Cheese Burger Or Orange Chicken, Rice, Tossed Salad, Glazed Carrots, Strawberry Cup	Hot Dog Or Chicken Fajitas, Black Beans, Shredded Lettuce, Diced Tomato, Peaches	BBQ Sandwich Or Meatloaf, Roll, Mixed Vegetables, Creamed Potatoes, Mixed Fruit	Pepperoni Pizza Or Ham w/Macaroni & Cheese, Roll, Green Beans, Baby Carrots, Applesauce	

## November

- Good Nutrition Month
- Thanksgiving

Sources: [www.pta.org](http://www.pta.org), <http://ncpta.org>



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