

Families Making the Connection

Go Further with Food

National Nutrition Month® is around the corner in March. The 2018 NNM theme is "Go Further with Food". Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Planning meals and snacks carefully can also reduce food waste.

Tips for your family any time of the year:

1. Include a variety of foods from all food groups.
2. Take inventory of the food you have on hand before buying more from the market.
3. Buy only the amount that can be eaten or frozen in a few days. Plan to use leftovers later in the week.
4. Eat the appropriate portion sizes for you.
5. Use good food safety practices.
6. Be active every day with activities you enjoy.
7. Consider consulting a Registered Dietitian Nutritionist (RDN) for healthy eating guidance.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. The annual event reinforces the importance of healthy eating and physical activity habits. Start planning now to celebrate with your family, at your child's school, and in the community:

- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

Find a registered dietitian nutritionist (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 2018

Elementary & Middle 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		Cheese Burger Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, Pears			
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		Sloppy Joe Or Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple		Cheese Pizza Or Chicken Wrap, Shredded Lettuce, Sliced Tomato, Baby Carrots, Pears		Cheese Burger Or BBQ, Roll, Baked Beans, Slaw, Mixed Fruit		Ham & Cheese Sandwich Or Beef-a-Roni, Garlic Roll, Mixed Vegetables, Tossed Salad, Peaches	
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		Deli Turkey & Cheese Sandwich Or Chicken Nuggets, Roll, Baby Carrots, Green Beans, Applesauce		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, Pears	
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		BBQ Sandwich Or Meatloaf, Roll, Mixed Vegetables, Creamed Potatoes, Pears		Pepperoni Pizza Or Ham w/Macaroni & Cheese, Roll, Green Beans, Baby Carrots, Applesauce		Chicken Sandwich Or Spaghetti, Garlic Roll, Caesar Salad, Peas & Carrots, Mixed Fruit		Cheese Burger Or Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple	
Monday, February 26		Tuesday, February 27		Wednesday, February 28					
Corndog Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, Mixed Fruit		Rib-A-Que Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Applesauce		Cheese Pizza Or Chicken Stir Fry, Rice, Glazed Carrots, Leaf Lettuce, Sliced Tomato, Pineapple				February is Sweet Potato Month. It is our State Veggie. 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 .	



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