

Breakfast Menu for February 2018

Families Making the Connection

Put Your Best Fork Forward

Did you know eating healthy can be delicious and nutritious? National Nutrition Month® is around the corner in March. The 2017 theme, "Put Your Best Fork Forward," reminds us that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future.

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

- Ask your governor or mayor to proclaim March as National Nutrition Month (NNM).
- Work with a registered dietitian, chef and/or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote National Nutrition Month.
- Ask your school or community library to host a nutrition themed story time or display.
- 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.

Find a registered dietitian nutritionist (RDN), nutrition tips and NNM info at www.eatright.org.



			Thursday, February 1	Friday, February 2
			Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Yogurt & Muffin Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Mini Pancakes Diced Pears Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Mini Waffles Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Mini Pancakes Applesauce Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Peach Yogurt Parfait Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Mini French Toast Diced Pears Juice Milk	A variety of unflavored and flavored skim and 1% unflavored milks are served daily.	

Menu subject to change depending upon availability

February

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