

Food Bytes

Healthier Students, Healthier Schools, Healthier Communities

Did you know students miss less school and are more alert and focused in healthy schools? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students and healthier communities. To support student health and academics, the N.C. State Board of Education passed the *Healthy Active Children Policy* and the *Whole School, Whole Community, Whole Child Resolution*. School districts also passed local wellness policies.



How can students and families help?

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes members from education, health and the community, including students and families.
- Volunteer for your school or district level wellness committee.
- Offer whole grains, fruit, vegetables, lowfat dairy wherever food is sold/shared.
- Use non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Use and choose non-food rewards.
- Eat and promote school meals.
- Be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

Nutrilink: For more info on school health, visit www.nchealthyschools.org.

Breakfast Menu for January 2019

Douglass & D.C. Virgo

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
				
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Breakfast Pizza Diced Peaches Juice Milk	Chicken & Waffle Fresh Fruit Juice Milk	Mini French Toast Diced Pears Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Breakfast Pizza Diced Peaches Juice Milk	Mini Pancakes Fresh Fruit Juice Milk	Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
	Chicken & Waffle Fresh Fruit Juice Milk	Mini Waffles Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
Breakfast Pizza Applesauce Juice Milk	Mini Pancakes Fresh Fruit Juice Milk	Peach Yogurt Parfait Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.
NCDPI and USDA are equal opportunity providers and employers. 5/18
<http://childnutrition.ncpublicschools.gov>

Sources: <http://stateboard.ncpublicschools.gov/>, www.ascd.org/programs/learning-and-health.aspx, www.nchealthyschools.org