

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.

Lunch Menu for January 2019

Douglass

	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
Popcorn Chicken Veggie Sticks Garden Salad Diced Peaches Milk	Chicken Filet Sandwich Lima Beans Roasted Potatoes Fresh Fruit Milk	French Bread Pizza Sweet Potato Fries Garden Salad Diced Pears Milk	Nacho Grande Black Beans Veggie Cup Fresh Fruit Milk	Cheesy Breadsticks Corn Garden Salad Mixed Fruit Milk
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Lasagna Broccoli with Cheese Garden Salad Diced Peaches Milk	Chicken Tenders Mashed Potatoes California Vegetables Fresh Fruit Milk	Stuffed Crust Pizza Glazed Carrots Garden Salad Frozen Fruit Cup Milk	Cheeseburger Great Northern Beans Tater Tots Fresh Fruit Milk	Corn Dog Nuggets NC Sweet Potato Garden Salad Mixed Fruit Milk
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
	Beef Taco with Spanish Rice Pinto Beans Veggie Cup Fresh Fruit Milk	French Bread Pizza Sweet Peas Garden Salad Mandarin Oranges Milk	Nacho Grande Carrot Sticks Green Beans Fresh Fruit Milk	Hot Dog with Chili Baked Beans Garden Salad Mixed Fruit Milk
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
Chicken Nuggets Baked Potato Garden Salad Diced Peaches Milk	Chicken Tenders with Dinner Roll Veggie Sticks Garden Salad Fresh Fruit Milk	Chicken Egg Rolls Broccoli Garden Salad Frozen Fruit Cup Milk	Cheeseburger French Fries Glazed Carrots Fresh Fruit Milk	Beef-A-Roni Garlic Knot Black Eyed Peas Garden Salad Mixed Fruit 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