

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.

February

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

Breakfast Menu for February 2018

NHCS Elementary, Pre-K & CRA-MPLC

				Thursday, February 1	Friday, February 2
 <p>American Heart Month</p>		<p>Breakfast: \$1.35 Adults: A la carte Milk: \$.60</p>		<p><u>Pancake Sausage Stick</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u></p>	<p>Cheese Grits w/ Bacon Or <u>Variety of Cereal</u>, Cereal Bars, Pop Tarts & Muffins <u>Applesauce</u> Juice <u>Milk</u></p>
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9	
<p><u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Peaches</u> Juice <u>Milk</u></p>	<p><u>Sausage & Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u></p>	<p><u>Yogurt w/ Choice of Cereal, Cereal Bar, Pop Tart or Muffin</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Mixed Fruit</u> Juice <u>Milk</u></p>	<p><u>Chicken Biscuit</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u></p>	<p>Sausage & Cheese Biscuit Or <u>Variety of Cereal</u>, Cereal Bars, Pop Tarts & Muffins <u>Diced Pears</u> Juice <u>Milk</u></p>	
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16	
<p><u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Pears</u> Juice <u>Milk</u></p>	<p><u>Sausage & Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u></p>	<p><u>Mini Waffles</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Peaches</u> Juice <u>Milk</u></p>	<p><u>Pancake Sausage Stick</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u></p>	<p>Grits w/ Scrambled Eggs & Bacon Or <u>Variety of Cereal</u>, Cereal Bars, Pop Tarts & Muffins <u>Applesauce</u> Juice <u>Milk</u></p>	
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23	
<p><u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Applesauce</u> Juice <u>Milk</u></p>	<p><u>Sausage & Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u></p>	<p><u>Peach Yogurt Parfait</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Mixed Fruit</u> Juice <u>Milk</u></p>	<p><u>Chicken Biscuit</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u></p>	<p>Bacon, Egg & Cheese Biscuit Or <u>Variety of Cereal</u>, Cereal Bars, Pop Tarts & Muffins <u>Diced Pears</u> Juice <u>Milk</u></p>	
Monday, February 26	Tuesday, February 27	Wednesday, February 28	<p>A variety of unflavored and flavored skim and 1% unflavored milks are served daily.</p>		
<p><u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Peaches</u> Juice <u>Milk</u></p>	<p><u>Sausage & Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u></p>	<p><u>Mini French Toast</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Pears</u> Juice <u>Milk</u></p>			
<p>*All other schools get both choices.</p>					

Menu subject to change depending upon availability



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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