

Food Bytes

Put Your Best Fork Forward

National Nutrition Month® (NNM) 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. Eating healthy can be delicious and nutritious! 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. Start planning now to celebrate with your family, at your school, and in your community:

- Ask your governor or mayor to proclaim March as National Nutrition Month.
- Work with a registered dietitian (RD), chef or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote National Nutrition Month.
- 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.

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

Breakfast Menu for February 2018

NHCS Middle & High Schools

			Thursday, February 1	Friday, February 2	
 <p>American Heart Month</p>			Breakfast: \$1.35 Adults: A la carte Milk: \$.60	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice Milk	Cheese Grits w/ Bacon or Egg & Cheese Biscuit Applesauce Juice Milk
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9	
Mini Pancakes or Breakfast Burrito Potato Rounds Diced Peaches Juice Milk	Breakfast Pizza or Mini Waffles Fresh Fruit Juice Milk	Turkey Ham & Cheese Slider or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Sausage & Cheese Biscuit Or Grits w/ Scrambled Eggs & Bacon Diced Pears Juice Milk	
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16	
Chicken Biscuit or Mini Pancakes Diced Pears Juice Milk	Breakfast Pizza or Smoothie Fresh Fruit Juice Milk	Mini Waffles or Chicken Biscuit Diced Peaches Juice Milk	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice Milk	Cheese Grits w/ Sausage or Bacon, Egg & Cheese Biscuit Applesauce Juice Milk	
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23	
Mini Pancakes or Breakfast Burrito Potato Rounds Applesauce Juice Milk	Breakfast Pizza or Mini French Toast Fresh Fruit Juice Milk	Peach Yogurt Parfait or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Bacon & Cheese Biscuit or Grits w/ Scrambled Eggs & Sausage Diced Pears Juice Milk	
Monday, February 26	Tuesday, February 27	Wednesday, February 28	A variety of cereal, cereal bars, pop tarts, yogurt and muffins will be served daily		
Chicken Biscuit or Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza or Smoothie Fresh Fruit Juice Milk	Mini French Toast or Chicken Biscuit Diced Pears Juice Milk			

Menu subject to change depending upon availability

A variety of unflavored and flavored skim and 1% unflavored milks are served daily.

February

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



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

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