

# 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](http://www.eatright.org).

# Lunch Menu for February 2018



			Thursday, February 1	Friday, February 2
			Nachos Grande Black Beans (1/2 C) Veggie Cup (1/2 C) Fresh Fruit (1 ea) Milk	Cheesy Breadsticks Corn (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Lasagna Broccoli w/ Cheese (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk	Chicken Tenders Red Skinned Mashed Potatoes (1/2 C) California Vegetables (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Glazed Carrots (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Cheeseburger Great Northern Beans (1/2 C) Tater tots (1/2 C) Fresh Fruit (1 ea) Milk	Corn Dog Nuggets NC Sweet Potato (1 ea) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Popcorn Chicken Sweet Potato Waffle Fries (1/2 C) Garden Salad (1/2 C) Diced Peaches (1/2 C) Milk	Beef Taco w/ Spanish Rice Pinto Beans (1/2 C) Veggie Cup (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Sweet Peas (1/2 C) Garden Salad (1/2 C) Mandarin Oranges (1/2 C) Milk	Nachos Grande Carrot Sticks (1/2 C) Green Beans (1/2 C) Fresh Fruit (1 ea) Milk	Hot Dog w/ Chili Baked Beans (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Chicken Nuggets Baked Potato (1 ea) Garden Salad (1/2 C) Diced Peaches (1/2 C) Milk	Chicken Tenders Veggie Sticks (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Broccoli (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Cheeseburger French Fries (1/2 C) Glazed Carrots (1/2 C) Fresh Fruit (1 ea) Milk	Beef-a-roni w/ Breadstick Black Eyed Peas (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
Popcorn Chicken Veggie Sticks (1/2 C) Garden Salad (1/2 C) Mixed Fruit Milk	Chicken Filet Sandwich Lima Beans (1/2 C) Roasted Potatoes (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Sweet Potato Waffle Fries (1/2 C) Garden Salad (1/2 C) Diced Peaches (1/2 C) Milk	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. USDA is an equal opportunity provider and employer. 11/16

Menu subject to change depending upon availability

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