

Gluten Free Lunch Menu for February 2018

NHCS

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.

A diet order is required for the gluten free menu. Please notify your kitchen manager if you require a gluten free option on the morning of so we can prepare this option for you. Thank you!

			Thursday, February 1	Friday, February 2
			Nachos Grande Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Beef Taco Meat w/ Tortilla Chips and Spanish Rice (Middle) Roast Chicken w/ Rice (Elem) Fruit and Vegetable of the Day Milk	Salisbury Steak w/ Rice Fruit and Vegetable of the Day Milk	Pork BBQ w/ Rice (Middle) Grilled Chicken w/ Tortilla Chips (Elem) Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk	Cheese Cubes & Yogurt w/ Tortilla Chips Fruit and Vegetable of the Day Milk
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Meatballs w/ Rice Fruit and Vegetable of the Day Milk	Beef Taco Meat w/ Tortilla Chips and Spanish Rice Fruit and Vegetable of the Day Milk	Roasted Chicken w/ Rice Fruit and Vegetable of the Day Milk	Nachos Grande Fruit and Vegetable of the Day Milk	Hot Dog w/ Rice Fruit and Vegetable of the Day Milk
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Pork BBQ w/ Rice Fruit and Vegetable of the Day Milk	Meatballs w/ Rice Fruit and Vegetable of the Day Milk	Grilled Chicken w/ Tortilla Chips Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk	Cheese Cubes & Yogurt w/ Tortilla Chips Fruit and Vegetable of the Day Milk
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
Teriyaki Chicken w/ Rice (Middle) Grilled Chicken w/ Rice (Elem) Fruit and Vegetable of the Day Milk	Hot Dog w/ Rice Fruit and Vegetable of the Day Milk	Roast Chicken w/ Rice Fruit and Vegetable of the Day Milk		

February

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

Menu subject to change depending upon availability

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



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