

Lunch Menu for February 2018

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.



			Thursday, February 1	Friday, February 2
			Nachos Grande Black Beans (1/2 C) Fresh Fruit (1 ea) Milk	Cheesy Breadsticks Corn (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) Diced Peaches (1/2 C) Milk	Chicken Tenders Red Skinned Mashed Potatoes (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Garden Salad (1 C) Diced Pears (1/2 C) Milk	Cheeseburger Tater tots (1/2 C) Fresh Fruit (1 ea) Milk	Corn Dog Nuggets NC Sweet Potato (1 ea) 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) Diced Peaches (1/2 C) Milk	Beef Taco w/ Spanish Rice Pinto Beans (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Sweet Peas (1/2 C) Mandarin Oranges (1/2 C) Milk	Nachos Grande Carrot Sticks (1/2 C) Fresh Fruit (1 ea) Milk	Hot Dog w/ Chili Baked Beans (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 Garden Salad (1 C) Diced Peaches (1/2 C) Milk	Chicken Tenders Veggie Sticks (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Broccoli (1/2 C) Diced Pears (1/2 C) Milk	Home Visits	Home Visits
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
Popcorn Chicken Garden Salad (1 C) Diced Peaches (1/2 C) Milk	Chicken Filet Sandwich Lima Beans (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Garden Salad (1 C) Diced Pears (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

Menu subject to change depending upon availability



Developed by School Nutrition Services, N.C. Department of Public Instruction. USDA is an equal opportunity provider and employer. 11/16 <http://childnutrition.ncpublicschools.gov>

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