

After School Snack 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
			Pretzels 100% Juice	PB&J Uncrustable
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Despicable Me Grahams 100% Juice	Cheddar Goldfish 100% Juice	Cereal Bar Fresh Apple	Sunchips Snack Mix 100% Juice	Pretzels Fresh Apple
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Munchie Snack Mix 100% Juice	Cheez-Its 100% Juice	Blueberry Muffin Fresh Apple	Pretzels 100% Juice	PB&J Uncrustable
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Despicable Me Grahams 100% Juice	Cheddar Goldfish 100% Juice	Cereal Bar Fresh Apple	Sunchips Snack Mix 100% Juice	Pretzels Fresh Apple
Monday, February 26	Tuesday, February 27	Wednesday, February 28	Each snack must meet 2 of the 4 listed: -Milk 8 oz -Meat or Meat Alternate 1 oz -3/4 Cup Fruit or Vegetable (juice must be 100%) -Grains/bread 1 serving All snacks meet Nutrition Standards of North Carolina All snacks must be served as a unit	
Munchie Snack Mix 100% Juice	Cheez-Its 100% Juice	Blueberry Muffin Fresh Apple		

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.
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