

## Families Making the Connection

*Whole School, Whole Community, Whole Child*

Recognizing the linkage between health and academic achievement, the North Carolina State Board of Education passed a *Whole School, Whole Community, Whole Child Resolution*. In healthy schools, children are more alert and focused on learning and miss less school. They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.

The Whole School, Whole Community, Whole Child (WSCC) coordinated school health model includes ten components:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

With all of these components in place and working together, students will be healthier in school and in class and ready to learn.




Please support the connection between health and academics at your school. For more info and resources on school health in North Carolina, visit [www.nchealthyschools.org](http://www.nchealthyschools.org).

## January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
- National Bean Day (January 6)

# Lunch Menu for January 2018

New Hanover County Schools Pre-K

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
	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	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, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
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, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	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, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
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	Cheeseburger French Fries (1/2 C) Fresh Fruit (1 ea) Milk	<i>Teacher Work Day</i>
Monday, January 29	Tuesday, January 30	Wednesday, January 31		A variety of unflavored and flavored skim and 1% unflavored milks are served daily.
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		

*Menu subject to change depending upon availability*



Developed by School Nutrition Services, N.C. Department of Public Instruction. NC DPI and USDA are equal opportunity providers and employers. 6/17 <http://childnutrition.ncpublicschools.gov>

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