

Pre-K Midday Snack Menu for January 2018

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.

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
	Cheese Stick Raisins	Graham Crackers 100% Juice (4 oz)	Munchie Snack Mix Applesauce Cup	Cheez-Its 100% Juice (4 oz)
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Goldfish Applesauce Cup	Cheese Stick Raisins	Graham Crackers 100% Juice (4 oz)	Munchie Snack Mix Applesauce Cup	Cheez-Its 100% Juice (4 oz)
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	Cheese Stick Raisins	Graham Crackers 100% Juice (4 oz)	Munchie Snack Mix Applesauce Cup	Cheez-Its 100% Juice (4 oz)
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Goldfish Applesauce Cup	Cheese Stick Raisins	Graham Crackers 100% Juice (4 oz)	Munchie Snack Mix Applesauce Cup	<i>Teacher Work Day</i>
Monday, January 29	Tuesday, January 30	Wednesday, January 31	<p>Each snack must meet 2 of the 4 listed:</p> <ul style="list-style-type: none"> -Milk 8 oz -Meat or Meat Alternate 1 oz -1/2 Cup Fruit or Vegetable (juice must be 100%) -Grains/bread 1 serving <p>All snacks meet Nutrition Standards of North Carolina All snacks must be served as a unit</p>	

January

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

Menu subject to change depending upon availability



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

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