

## 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).

# Breakfast Menu for January 2018

Elementary, Pre-K & CRA-MPLC

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
A variety of unflavored and flavored skim and 1% unflavored milks are served daily.	<u>Sausage &amp; Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Mini French Toast</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Peas</u> Juice <u>Milk</u>	<u>Pancake Sausage Stick</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	Cheese Grits w/ Bacon Or <u>Variety of Cereal</u> , Cereal Bars, Pop Tarts & Muffins <u>Applesauce</u> Juice <u>Milk</u>
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
<u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Peaches</u> Juice <u>Milk</u>	<u>Sausage &amp; Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Yogurt w/ Choice of Cereal, Cereal Bar, Pop Tart or Muffin</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Mixed Fruit</u> Juice <u>Milk</u>	<u>Chicken Biscuit</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	Sausage & Cheese Biscuit Or <u>Variety of Cereal</u> , Cereal Bars, Pop Tarts & Muffins <u>Diced Peas</u> Juice <u>Milk</u>
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	<u>Sausage &amp; Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Mini Waffles</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Peaches</u> Juice <u>Milk</u>	<u>Pancake Sausage Stick</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	Grits w/ Scrambled Eggs & Bacon Or <u>Variety of Cereal</u> , Cereal Bars, Pop Tarts & Muffins <u>Applesauce</u> Juice <u>Milk</u>
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
<u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Applesauce</u> Juice <u>Milk</u>	<u>Sausage &amp; Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Peach Yogurt Parfait</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Mixed Fruit</u> Juice <u>Milk</u>	<u>Chicken Biscuit</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	Bacon, Egg & Cheese Biscuit Or <u>Variety of Cereal</u> , Cereal Bars, Pop Tarts & Muffins <u>Diced Peas</u> Juice <u>Milk</u>
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
<u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Peaches</u> Juice <u>Milk</u>	<u>Sausage &amp; Gravy Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Mini French Toast</u> Or Variety of Cereal, Cereal Bars, Pop Tarts & Muffins <u>Diced Peas</u> Juice <u>Milk</u>	<b>Breakfast: \$1.35</b> <b>Adults: A la carte</b> <b>Milk: \$.60</b>	<u>Pre-K Entree</u> <b>*All other schools get both choices.</b>

## January

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



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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*Menu subject to change depending upon availability*