

Lunch 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
	Chicken Filet Sandwich Lima Beans (1/2 C) Sweet Potato Waffle Fries (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Roasted Potatoes (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Nachos Grande Black Beans (1/2 C) Veggie Cup (1/2 C) Fresh Fruit (1 ea) Milk	Cheesy Breadsticks Corn (1/2 C) Garden Salad (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) Garden Salad (1/2 C) Diced Peaches (1/2 C) Milk	Chicken Tenders Red Skinned Mashed Potatoes (1/2 C) California Vegetables (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Glazed Carrots (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Cheeseburger Great Northern Beans (1/2 C) Tater tots (1/2 C) Fresh Fruit (1 ea) Milk	Corn Dog Nuggets NC Sweet Potato (1 ea) Garden Salad (1/2 C) 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) Veggie Cup (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Sweet Peas (1/2 C) Garden Salad (1/2 C) Mandarin Oranges (1/2 C) Milk	Nachos Grande Carrot Sticks (1/2 C) Green Beans (1/2 C) Fresh Fruit (1 ea) Milk	Hot Dog w/ Chili Baked Beans (1/2 C) Garden Salad (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 Baked Potato (1 ea) Garden Salad (1/2 C) Diced Peaches (1/2 C) Milk	Chicken Tenders Veggie Sticks (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Broccoli (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Cheeseburger French Fries (1/2 C) Glazed Carrots (1/2 C) Fresh Fruit (1 ea) Milk	Beef-a-roni w/ Breadstick Black Eyed Peas (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
Popcorn Chicken Veggie Sticks (1/2 C) Garden Salad (1/2 C) Diced Peaches Milk	Chicken Filet Sandwich Lima Beans (1/2 C) Roasted Potatoes (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Sweet Potato Waffle Fries (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	A variety of unflavored and flavored skim and 1% unflavored milks are served daily.	

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. NCDPI 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