

Gluten Free 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.



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>

USDA is an equal opportunity provider and employer.

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
	Hot Dog w/ Rice Fruit and Vegetable of the Day Milk	Roast Chicken w/ Rice Fruit and Vegetable of the Day Milk	Nachos Grande Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Beef Taco Meat w/ Tortilla Chips and Spanish Rice (Middle) Roast Chicken w/ Rice (Elem) Fruit and Vegetable of the Day Milk	Salisbury Steak w/ Rice Fruit and Vegetable of the Day Milk	Pork BBQ w/ Rice (Middle) Grilled Chicken w/ Tortilla Chips (Elem) Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk	Cheese Cubes & Yogurt w/ Tortilla Chips Fruit and Vegetable of the Day Milk
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	Beef Taco Meat w/ Tortilla Chips and Spanish Rice Fruit and Vegetable of the Day Milk	Roasted Chicken w/ Rice Fruit and Vegetable of the Day Milk	Nachos Grande Fruit and Vegetable of the Day Milk	Hot Dog w/ Rice Fruit and Vegetable of the Day Milk
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Pork BBQ w/ Rice Fruit and Vegetable of the Day Milk	Meatballs w/ Rice Fruit and Vegetable of the Day Milk	Grilled Chicken w/ Tortilla Chips Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk	Cheese Stick & Yogurt w/ Tortilla Chips Fruit and Vegetable of the Day Milk
Monday, January 29	Tuesday, January 30	Wednesday, January 31	<i>A diet order is required for the gluten free menu. Please notify your kitchen manager if you require a gluten free option on the morning of so we can prepare this option for you. Thank you!</i>	
Teriyaki Chicken w/ Rice (Middle) Grilled Chicken w/ Rice (Elem) Fruit and Vegetable of the Day Milk	Hot Dog w/ Rice Fruit and Vegetable of the Day Milk	Roast Chicken w/ Rice Fruit and Vegetable of the Day Milk		

Menu subject to change depending upon availability

A variety of unflavored and flavored skim and 1% unflavored milks are served daily.