

After School 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
	Cheez-Its 100% Juice	Blueberry Muffin Fresh Apple	Pretzels 100% Juice	PB&J Uncrustable
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Despicable Me Grahams 100% Juice	Cheddar Goldfish 100% Juice	Cereal Bar Fresh Apple	Sunchips Snack Mix 100% Juice	Pretzels Fresh Apple
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	Cheez-Its 100% Juice	Blueberry Muffin Fresh Apple	Pretzels 100% Juice	PB&J Uncrustable
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Despicable Me Grahams 100% Juice	Cheddar Goldfish 100% Juice	Cereal Bar Fresh Apple	Sunchips Snack Mix 100% Juice	Pretzels Fresh Apple
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Each snack must meet 2 of the 4 listed: -Milk 8 oz -Meat or Meat Alternate 1 oz -3/4 Cup Fruit or Vegetable (juice must be 100%) -Grains/bread 1 serving All snacks meet Nutrition Standards of North Carolina All snacks must be served as a unit	
Munchie Snack Mix 100% Juice	Cheez-Its 100% Juice	Blueberry Muffin Fresh Apple		

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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