

## Menus for January 2018

### Food Bytes

#### *Whole School, Whole Community, Whole Child*

Did you know that in healthy schools, students 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. Because of the link between health and academics, the N.C. State Board of Education passed a *Whole School, Whole Community, Whole Child Resolution*.

The Whole School, Whole Community, Whole Child (WSCC) model includes:

- 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 10 components in place and working together, students will be healthier in school and ready to learn. Support the health and academic connection at your school.

**Nutrilink:** For more info on school health, visit [www.nchealthyschools.org](http://www.nchealthyschools.org).

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
No School	No School	Strawberry PopTarts (2pk) 100% Fruit Juice Fresh Fruit	Crunchmania 100% Fruit Juice Fresh Fruit	Assorted WG Cereal 4 oz Yogurt 100% Fruit Juice Fresh Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
WG Banana Bread 100% Fruit Juice Fresh Fruit	WG Cereal Bar 100% Fruit Juice Fresh Fruit	Strawberry PopTarts (2pk) 100% Fruit Juice Fresh Fruit	Crunchmania 100% Fruit Juice Fresh Fruit	Assorted WG Cereal 4 oz Yogurt 100% Fruit Juice Fresh Fruit
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
Martin Luther King Jr Holiday	WG Cereal Bar 100% Fruit Juice Fresh Fruit	Strawberry PopTarts (2pk) 100% Fruit Juice Fresh Fruit	Crunchmania 100% Fruit Juice Fresh Fruit	Assorted WG Cereal 4 oz Yogurt 100% Fruit Juice Fresh Fruit
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
WG Banana Bread 100% Fruit Juice Fresh Fruit	WG Cereal Bar 100% Fruit Juice Fresh Fruit	Strawberry PopTarts (2pk) 100% Fruit Juice Fresh Fruit	Crunchmania 100% Fruit Juice Fresh Fruit	Assorted WG Cereal 4 oz Yogurt 100% Fruit Juice Fresh Fruit
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
WG Banana Bread 100% Fruit Juice Fresh Fruit	WG Cereal Bar 100% Fruit Juice Fresh Fruit	Strawberry PopTarts (2pk) 100% Fruit Juice Fresh Fruit		



Milk Choices are: 1% White Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

\*\*Menu subject to change due to weather, calendar changes, administrative directive, equipment malfunction, and/or product availability.\*\*