

Lunch Menu for February 2018

Families Making the Connection

Go Further with Food

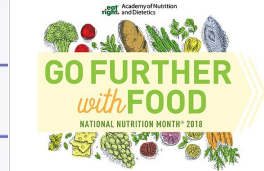
National Nutrition Month® is around the corner in March. The 2018 NNM theme is “Go Further with Food”. Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Planning meals and snacks carefully can also reduce food waste. Tips for your family any time of the year:

1. Include a variety of foods from all food groups.
2. Take inventory of the food you have on hand before buying more from the market.
3. Buy only the amount that can be eaten or frozen in a few days. Plan to use leftovers later in the week.
4. Eat the appropriate portion sizes for you.
5. Use good food safety practices.
6. Be active every day with activities you enjoy.
7. Consider consulting a Registered Dietitian Nutritionist (RDN) for healthy eating guidance.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. The annual event reinforces the importance of healthy eating and physical activity habits. Start planning now to celebrate with your family, at your child’s school, and in the community:

- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

Find a registered dietitian nutritionist (RDN), nutrition tips and NNM info at www.eatright.org.



			Thursday, February 1	Friday, February 2
			Sloppy Joe on Bun Cole Slaw Sweet Peas Chilled Pears Fresh Fruit	Pizza Seasoned Corn Mixed Green Salad Fresh Fruit Canned Fruit
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Beefy Nachos w/ WG Brown Rice Mexican Corn Pinto Beans Canned Fruit Fresh Fruit	Chicken Nuggets Broccoli & Cheese Fresh Carrots w/ Dip Fruit Cocktail Fresh Fruit Roll	Hot Dog on Bun Baked Beans Oven Fries Applesauce Fresh Fruit	Marinated Chicken Legs WG Brown Rice Green Beans Glazed Yams Chilled Pears Fresh Fruit Roll	Pizza Seasoned Corn Mixed Green Salad Fresh Fruit Canned Fruit
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Chicken Nuggets WW Roll Sweet Corn Glazed Sweet Potatoes Canned Fruit Fresh Fruit	Baked Spaghetti Green Beans Fresh Carrots w/ Dip Fruit Cocktail Fresh Fruit Roll	Chicken Pattie Sand- wich Cole Slaw Broccoli & Cheese Chilled Pears Fresh Fruit	Hot Dog on Bun Oven Fries Baked Beans Applesauce Fresh Fruit	Pizza Seasoned Corn Mixed Green Salad Fresh Fruit Canned Fruit
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Corn Dog w/ Roll Pintos Glazed Yams Canned Fruit Fresh Fruit	Baked Chicken w/ Roll Mashed Potatoes Broccoli & Cheese Fruit Cocktail Fresh Fruit	Mac and Cheese w/ Roll Green Beans Fresh Carrots w/ Dip Applesauce Fresh Fruit	Sloppy Joe on Bun Cole Slaw Sweet Peas Chilled Pears Fresh Fruit	Pizza Seasoned Corn Mixed Green Salad Fresh Fruit Canned Fruit
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
Beefy Nachos w/ WG Brown Rice Mexican Corn Pinto Beans Canned Fruit Fresh Fruit	Chicken Nuggets Broccoli & Cheese Fresh Carrots w/ Dip Fruit Cocktail Fresh Fruit Roll	Hot Dog on Bun Baked Beans Oven Fries Applesauce Fresh Fruit	February is Sweet Potato Month. It is our State Veggie. N.C. is the #1 sweet potato producing state in the nation. Sweet potatoes can be eaten raw or cooked as part of any meal or snack. Check out www.ncsweetpotatoes.com .	

February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato



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

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER