



## Food Bytes

*Eat Right, Live Right, Feel Right*

National Nutrition Month® (NNM) is coming up in March. The 2019 theme is “Eat Right, Live Right, Feel Right”. The food choices you make matter. Tips for you and your family:

1. Discover the benefits of healthy eating.
2. Opt for foods and drinks that are good for you.
3. Eat a variety from all food groups.
4. Select healthier options when eating away from home.
5. Eat the right portion sizes for you.
6. Keep it simple.
7. Use good food safety practices every day.
8. Think about the food you have on hand before buying more.
9. Be active every day.
10. Ask a Registered Dietitian Nutritionist (RDN) for nutrition guidance.

Plan now to celebrate with your family, at your school, and in your community:

- Work with a RDN, chef or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote NNM.
- Promote NNM at school with posters, stickers, PA announcements, a recipe contest and educational activities.
- Volunteer at a community garden or

## February

- American Heart Month
- National Cherry Month
- National Grapefruit Month

Source: [www.eatright.org](http://www.eatright.org)

# FEBRUARY

2019

## Northampton County Schools

  		<b>Friday, February 1</b>		
		Pancake on Stick Chilly Pears  *Bangin Beefy Nachos *Fiery Fajita Tacos Salsa / Sour Cream Chili Fries/Broccoli Strawberry Icy / Red Apple		
<b>Monday, February 4</b>	<b>Tuesday, February 5</b>	<b>Wednesday, February 6</b>	<b>Thursday, February 7</b>	<b>Friday, February 8</b>
Cinnamon Crumb Cake Peachy Peaches  *Pork BBQ/ Bun *Roasted Hotdog/ Roll Coleslaw, Baked Beans Golden Corn Cinnamon Spiced Pears	Sausage Egg Biscuit Tropical Fruit Salad  *BBQ Chicken w/Roll *Bacon Cheeseburger Oriental Veggies Oven Fried Potatoes Pineapple Tidbits	Turkey Cheese Croissant Mixed Fruit  *Salisbury Steak/Gravy/ Roll *Chillin Chicken Nachos Creamy Whipped Potatoes Steamed Broccoli Warm Apple Crisp	Breakfast Pizza Chilly Pears  *Chicken Nuggets/Bread Stick * Sloppy Joe/ Bun Steamed Carrots Black Eye Peas Vanilla Orange Parfait	French Toast Sticks Applesauce Cups  *Wild Mikes Pizza * Marinara Dipping Sauce Sweet Potato Fries Green Beans Peachy Peaches
<b>Monday, February 11</b>	<b>Tuesday, February 12</b>	<b>Wednesday, February 13</b>	<b>Thursday, February 14</b>	<b>Friday, February 15</b>
Spicy Chicken Biscuit Pineapple Tidbits  *Turkey Broccoli Potato Bowl *Beanie Weenies Texas Toast Green Beans Chilled Pears	Turkey Cheese Croissant Peachy Peaches  *Beef Stroganoff/Bread Stick * Fish Filet/Bun Seasoned Spinach Mixed Veggies Tropical Fruit Salad	Breakfast Pizza Golden Raisins  * Grilled Chicken & Waffles * Sausage Egg Cheese Biscuit Creamy Grits Broccoli Cheese Sauce Spiced Candied Apples	Cinnamon Crumb Cake Mixed Fruit  *Beef Veggie Soup/Corn Muffin *Hot Turkey Cheese Sandwich Black Eyed Peas Cabbage w/Carrots Pineapple Orange Cup	Pancake on Stick Chilled Pears  *Mozzarella Pizza Sticks Marinara Dipping Sauce Oven Fried Potatoes Roasted Broccoli Mandarin Oranges
<b>Monday, February 18</b>	<b>Tuesday, February 19</b>	<b>Wednesday, February 20</b>	<b>Thursday, February 21</b>	<b>Friday, February 22</b>
Cinnamon Crumb Cake Peachy Peaches  *Pork BBQ/ Bun *Roasted Hotdog/ Roll Coleslaw, Baked Beans Golden Corn Cinnamon Spiced Pears	Sausage Egg Biscuit Applesauce Cup  *Turkey Club Sandwich *Bacon Cheeseburger Oriental Veggies Oven Fried Potatoes Pineapple Tidbits	Turkey Cheese Croissant Mixed Fruit  *Salisbury Steak/Gravy/ Roll * Chillin Chicken Nachos Creamy Whipped Potatoes Steamed Broccoli Warm Apple Crisp	Breakfast Pizza Chilly Diced Pears  *Chicken Nuggets/Bread Stick * Sloppy Joe/ Bun Steamed Carrots Rocking Red Beans Vanilla Orange Parfait	Pancake on Stick Banana  *Wild Mikes Pizza * Marinara Dipping Sauce Sweet Potato Fries Green Beans Peachy Peaches
<b>Monday, February 25</b>	<b>Tuesday, February 26</b>	<b>Wednesday, February 27</b>	<b>Thursday, February 28</b>	
Spicy Chicken Biscuit Pineapple Tidbits  *Turkey Broccoli Potato Bowl *Beanie Weenies Texas Toast Steamed Carrots/Green Beans Chilled Pears	Turkey Cheese Croissant Chilled Peaches  *Beef Stroganoff/Bread Stick * Fish Filet/Bun Seasoned Spinach Mixed Veggies Tropical Fruit Salad	Breakfast Pizza Golden Raisins  * Grilled Chicken & Waffles * Sausage Egg Cheese Biscuit Potato Roasters Broccoli Cheese Sauce Spiced Apples	Cinnamon Crumb Cake Mixed Fruit  *Beef Veggie Soup/Corn Muffin *Hot Turkey Cheese Sandwich Black Eyed Peas Cabbage w/Carrots Pineapple Orange Cup	

Developed by School Nutrition Services, N.C. Department of Public Instruction.  
USDA is an equal opportunity provider and employer. 11/18  
<http://childnutrition.ncpublicschools.gov>



### Available Daily:

**Breakfast : Cereal, Graham Crackers, 100% Fruit Juice**  
**Breakfast & Lunch : Canned & Fresh Fruit**  
**Flavored & unflavored 1 % Milk**

