

## Food Bytes

### Healthier Students, Healthier Schools, Healthier Communities

Did you know students miss less school and are more alert and focused in healthy schools? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students and healthier communities. To support student health and academics, the N.C. State Board of Education passed the *Healthy Active Children Policy* and the *Whole School, Whole Community, Whole Child Resolution*. School districts also passed local wellness policies.

How can students and families help?

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes members from education, health and the community, including students and families.
- Volunteer for your school or district level wellness committee.
- Offer whole grains, fruit, vegetables, lowfat dairy wherever food is sold/shared.
- Use non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Use and choose non-food rewards.
- Eat and promote school meals.
- Be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

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

# Menus for January 2019 Northampton County

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
				
Monday, January 07	Tuesday, January 08	Wednesday, January 09	Thursday, January 10	Friday, January 11
Cinnamon Crumb Cake Chilled Peaches  *Pork BBQ/ Bun *Roasted Hotdog/ Roll Coleslaw, Baked Beans Golden Corn Golden Raisins	Sausage Egg Biscuit Tropical Fruit Salad  * Zesty Orange Chicken * Bacon Cheeseburger Oriental Veggies. Fried Rice Roasted Broccoli Pineapple Tidbits	Turkey Cheese Croissant Mixed Fruit  *Hamburger Steak/Gravy/ Roll *Chicken Salad / Crackers Creamy Whipped Potatoes Green Peas Golden Raisins	Breakfast Pizza Chilled 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 Mandarin Oranges
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
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	ER Pancake on Stick Chilled Pears  *Wild Mikes Pizza * Marinara Dipping Sauce Sweet Potato Fries Roasted Broccoli Mandarin Oranges
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
	Sausage Egg Biscuit Tropical Fruit Salad  *Chicken Noodle Soup/Crackers * Bacon Cheeseburger Oriental Veggies Steamed Broccoli Pineapple Tidbits	Turkey Cheese Croissant Mixed Fruit  *Hamburger Steak/Gravy/ Roll *Chicken Quesadilla Creamy Whipped Potatoes Green Peas Golden Raisins	Breakfast Pizza Chilled 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 Mandarin Oranges
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
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	Pancake on Stick Chilled Pears  *Wild Mikes Pizza * Marinara Dipping Sauce Sweet Potato Fries Roasted Broccoli Mandarin Oranges

## January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
NCDPI and USDA are equal opportunity providers and employers. 5/18

Sources: <http://stateboard.ncpublicschools.gov/>, [www.ascd.org/programs/learning-and-health.aspx](http://www.ascd.org/programs/learning-and-health.aspx), [www.nchealthyschools.org](http://www.nchealthyschools.org)

### Available Daily:

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