

Food Bytes

Put Your Best Fork Forward

National Nutrition Month® (NNM) is coming up in March. The 2018 theme is “Go Further with Food”. In starting your day with a healthy breakfast to fueling for fitness, the food choices you make matter. Planning meals and snacks carefully can also reduce food waste. Tips for you and your family:

1. Eat a variety from all food groups.
2. Think about the food you have on hand before buying more.
3. Buy only the amount that can be eaten or frozen in a few days. Plan to use leftovers.
4. Eat the right portion sizes for you.
5. Use good food safety practices.
6. Be active every day.
7. 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 food bank. Host a food drive.

Nutrilink: Find a RDN, nutrition tips and NNM info at www.eatright.org.



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“Schools, Parents & Communities Working Together To Make A Difference In Our Future”



Caswell County Schools Child Nutrition Program

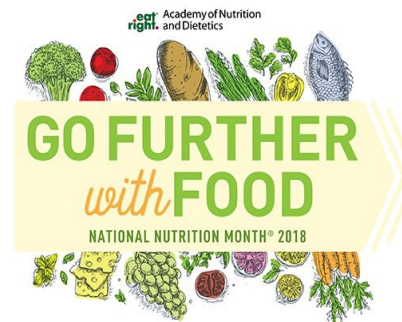
MENUS

February 2018



February

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



Thursday, February 1

Menu Choices: BREAKFAST

Breakfast Pizza, Yogurt
Mini Maple Waffles, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita Hot Deli Sub

Corn, Pinto Bean
Side Salad, Salsa, Tortilla
Wh Grain Bun, Spanish Rice
Fruit Choice
Milk

Chef Salad

Friday, February 2

Menu Choices: BREAKFAST

Sausage Biscuit, Yogurt
Cinnamon Roll, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza Baked Potato & Salad

Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, February 5

Menu Choices: BREAKFAST

Pancake Stick, Yogurt
Blueberry Mini Loaf, Cereal
Pop Tart

Fruit, 100% Fruit Juice, Milk

LUNCH

Teriyaki Beef Popcorn Chicken

Broccoli, Peas & Carrots
Oriental Stir-Fry, Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, February 6

Menu Choices: BREAKFAST

Eggs w/ Toast, Yogurt
Mini Pancakes, Cereal
Pop Tart

Fruit, 100% Fruit Juice, Milk

LUNCH

Hot Dog Meat loaf

Turnip Greens, Cole Slaw
Au Gratin Potatoes
Whole Grain Bun, Biscuit
Fruit Choice
Milk

Chef Salad

Wednesday, February 7

Menu Choices: BREAKFAST

French Toast Sticks, Yogurt
Chicken Biscuit, Cereal
Pop Tart

Fruit, 100% Fruit Juice, Milk

LUNCH

Baked Spaghetti Pizza Strips/Sticks

Marinara Sauce, G - Salad
Veg Medley, Green Beans
Whole Grain Bread
Fruit Choice
Milk

Grilled Chicken Salad

Thursday, February 8

Menu Choices: BREAKFAST

Breakfast Pizza, Yogurt
Mini Maple Waffles, Cereal
Pop Tart

Fruit, 100% Fruit Juice, Milk

LUNCH

Taco Salad Beef Fiestada

Corn, Pinto Beans
Side Salad, Salsa
Tortilla Chips, Spanish Rice
Fruit Choice
Milk

Chef Salad

Friday, February 9

Menu Choices: BREAKFAST

Sausage Biscuit, Yogurt
Cinnamon Roll, Cereal
Pop Tart

Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza Baked Potato & Salad

Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Food for Thought

Let's Move—Winterize...Energize!

This year, prepare for colder weather by being physically active. Being active in winter can:

- Boost your mood during the colder, darker winter months
- Help you stay at a healthy weight
- Keep you feeling energized

Skip the hibernation

Hibernating in front of the TV or computer screen is energy-draining. Instead, keep up 60 minutes of activity each day by trying these ideas:

At home

- Strengthen with push-ups, leg squats and ab crunches.
- Put on your favorite music—dance!
- Walk around or up and down your stairs while you talk on the phone.

Around town

- Go for a fast-paced walk around the mall with friends.

Outdoors

- Enjoy winter's beauty. Walk on local trails, sled, snowboard, or ski!

Nutrilink: Ready to make a change? Create a plan with the **Making a Change** tool at: <http://kidshealth.org/teen/misc/>



Monday, February 12

Menu Choices:
BREAKFAST

Pancake Stick, Yogurt
Blueberry Mini Loaf, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

General Tso Chicken

Beef Rib Patty

Broccoli, Peas & Carrots
Oriental Stir-Fry, Rice
Wh Grain Dinner Roll, Bun
Fruit Choice
Milk

Chef Salad

Tuesday, February 13

Menu Choices:
BREAKFAST

Eggs w/ Toast, Yogurt
Mini Pancakes, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken BBQ

Corn Dog

Turnip Greens, Cole Slaw
Sweet Potato Fries
Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, February 14

Menu Choices:
BREAKFAST

French Toast Sticks, Yogurt
Chicken Biscuit, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Calzone

Pizza Strips/Sticks

Marinara Sauce, G - Salad
Veg Medley
Green Beans
Fruit Choice
Milk



Grilled Chicken Salad

Thursday, February 15

Menu Choices:
BREAKFAST

Breakfast Pizza, Yogurt
Mini Maple Waffles, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita

Hot Deli Sub

Corn, Pinto Bean
Side Salad, Salsa, Tortilla
Wh Grain Bun, Spanish Rice
Fruit Choice
Milk

Chef Salad

Friday, February 16

Menu Choices:
BREAKFAST

Sausage Biscuit, Yogurt
Cinnamon Roll, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza

Baked Potato & Salad

Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, February 19

Menu Choices:
BREAKFAST

Pancake Stick, Yogurt
Blueberry Mini Loaf, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Teriyaki Chicken

Chicken Tenders

Broccoli, Peas & Carrots
Oriental Stir-Fry, Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, February 20

Menu Choices:
BREAKFAST

Eggs w/ Toast, Yogurt
Mini Pancakes, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Cheeseburger

Chicken Nuggets

Turnip Greens
Sweet Potato Fries
Whole Grain Bun, Biscuit
Fruit Choice
Milk

Chef Salad

Wednesday, February 21

Menu Choices:
BREAKFAST

French Toast Sticks, Yogurt
Chicken Biscuit, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Lasagna

Pizza Strips/Sticks

Marinara Sauce, G - Salad
Veg Medley, Green Beans
Whole Grain Bread
Fruit Choice
Milk

Grilled Chicken Salad

Thursday, February 22

Menu Choices:
BREAKFAST

Breakfast Pizza, Yogurt
Mini Maple Waffles, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Brunswick Stew w/

Grilled Cheese

Breaded Pork Chop

Corn, Pinto Beans, Salad
Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Friday, February 23

Menu Choices:
BREAKFAST

Sausage Biscuit, Yogurt
Cinnamon Roll, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza

Baked Potato & Salad

Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, February 26

Menu Choices:
BREAKFAST

Pancake Stick, Yogurt
Blueberry Mini Loaf, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Tangerine Chicken

Meatballs

Broccoli, Peas & Carrots
Oriental Stir-Fry, Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, February 27

Menu Choices:
BREAKFAST

Eggs w/ Toast, Yogurt
Mini Pancakes, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Salisbury Steak & Gravy

Chicken Fillet

Turnip Greens
Whipped Potatoes
Corn Muffin, Wh Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, February 28

Menu Choices:
BREAKFAST

French Toast Sticks, Yogurt
Chicken Biscuit, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Beef Ravioli

Pizza Strips/Sticks

Marinara Sauce, G - Salad
Veg Medley, Green Beans
Whole Grain Bread
Fruit Choice
Milk

Grilled Chicken Salad

Daily Milk Choices

Skim Chocolate,
Strawberry & White
1% White

Monthly Menu Notes:

Menu is Subject to Change
Due to Food Availability
and / or Nutrient Analysis