

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.nhealthyschools.org.



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January

- Family Fit Lifestyle Month

January	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
<p>Monthly Menu Notes: <i>Menu is Subject to Change Due to Food Availability and /or Nutrient Analysis</i></p> <p>Daily Milk Choices <i>Skim Chocolate, Strawberry & White 1% White</i></p>	<p>New Year's Holiday</p>	<p>Menu Choices: BREAKFAST Eggs w/ Roll, Banana Bread Mini Pancakes Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p>LUNCH Pork BBQ Mini Corn Dogs Turnip Greens, Cole Slaw Mac & Cheese Whole Grain Bun Fruit Choice Milk Chef Salad</p>	<p>Menu Choices: BREAKFAST French Toast Sticks Chicken Biscuit Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p>LUNCH Calzone Pizza Sticks Veg Medley G -Salad, Marinara Sauce Fruit Choice Milk Grilled Chicken Salad</p>	<p>Menu Choices: BREAKFAST Sausage Biscuit Cinnamon Roll Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p>LUNCH Ch/ Pepperoni Pizza Baked Potato & Salad Veg Dippers, Veg Choice Marinara Sauce WG Bread Choice Fruit Choice Milk Chef Salad</p>
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<p>Menu Choices: BREAKFAST Pancake Sausage Bites Dunkin Stix Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p>LUNCH Tangerine Chicken Meatballs Broccoli, Green Peas Rice Whole Grain Dinner Roll Fruit Choice Milk Chef Salad</p>	<p>Menu Choices: BREAKFAST Eggs w/ Roll , Banana Bread Mini Pancakes Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p>LUNCH Salisbury Steak &Gravy Chicken Fillet Turnip Greens Whipped Potatoes Corn Muffin, Wh Grain Bun Fruit Choice Milk Chef Salad</p>	<p>Menu Choices: BREAKFAST French Toast Sticks Chicken Biscuit Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p>LUNCH Lasagna Pizza Sticks Veg Medley, Green Beans G -Salad, Marinara Sauce Whole Grain Bread Fruit Choice Milk Grilled Chicken Salad</p>	<p>Menu Choices: BREAKFAST Breakfast Pizza Waffles Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p>LUNCH Chicken Fajita Beef Fiestada Corn, Pinto Beans Side Salad, Salsa Tortilla, Rice Fruit Choice Milk Chef Salad</p>	<p>Menu Choices: BREAKFAST Sausage Biscuit Cinnamon Roll Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p>LUNCH Ch/ Pepperoni Pizza Baked Potato & Salad Veg Dippers, Veg Choice Marinara Sauce WG Bread Choice Fruit Choice Milk Chef Salad</p>

Caswell County Schools

NUTRITION

“We Nourish Education”

January 2019 Menus



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 in the

New Year? Create a plan with the

Making a Change tool at:

http://kidshealth.org/teen/misc/making_a_change_module.html.

Monday, January 14

Menu Choices: BREAKFAST

Pancake Sausage Bites
Dunkin Stix
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Mini Corn Dogs Popcorn Chicken

Broccoli, Green Peas
Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, January 15

Menu Choices: BREAKFAST

Eggs w/ Roll, Banana Bread
Mini Pancakes
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Hot Dog w/ Chili Chicken (Tenders)

& Waffles
Turnip Greens, Cole Slaw
Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, January 16

Menu Choices: BREAKFAST

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

LUNCH

Baked Spaghetti Pizza Sticks

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

Grilled Chicken Salad

Thursday, January 17

Menu Choices: BREAKFAST

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

LUNCH

Taco Salad Breaded Pork Chop

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

Chef Salad

Friday, January 18

Menu Choices: BREAKFAST

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

LUNCH

Ch/ Pepperoni Pizza Baked Potato & Salad

Veg Dippers, Veg Choice
Marinara Sauce
WG Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, January 21

Martin Luther King Jr. Holiday

Tuesday, January 22

Menu Choices: BREAKFAST

Eggs w/ Roll, Banana Bread
Mini Pancakes
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Pork BBQ Mini Corn Dogs

Turnip Greens, Cole Slaw
Mac & Cheese
Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, January 23

Menu Choices: BREAKFAST

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

LUNCH

Calzone Pizza Sticks

Veg Medley
G -Salad, Marinara Sauce
Fruit Choice
Milk

Grilled Chicken Salad

Thursday, January 24

Menu Choices: BREAKFAST

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

LUNCH

Chicken Fajita Beef Fiestada

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

Chef Salad

Friday, January 25

Menu Choices: BREAKFAST

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

LUNCH

Ch/ Pepperoni Pizza Baked Potato & Salad

Veg Dippers, Veg Choice
Marinara Sauce
WG Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, January 28

Menu Choices: BREAKFAST

Pancake Sausage Bites
Dunkin Stix
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

General Tso Chicken Beef Rib Patty

Broccoli, Green Peas
Rice
Wh Grain Dinner Roll, Bun
Fruit Choice
Milk

Chef Salad

Tuesday, January 29

Menu Choices: BREAKFAST

Eggs w/ Roll, Banana Bread
Mini Pancakes
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Cheeseburger Chicken Nuggets

Turnip Greens
Oven Fries/Tots
WGrain Bun, Dinner Roll
Fruit Choice
Milk

Chef Salad

Wednesday, January 30

Menu Choices: BREAKFAST

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

LUNCH

Brunswick Stew w/ Grilled Cheese

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

Grilled Chicken Salad

Thursday, January 31

Menu Choices: BREAKFAST

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

LUNCH

Taco Salad Breaded Pork Chop

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

Chef Salad

Monthly Menu Notes:
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Daily Milk Choices
*Skim Chocolate,
Strawberry & White
1% White*