

Menus for February 2018

Fresh Fruit & Vegetable Menu

Families Making the Connection

Go Further with Food

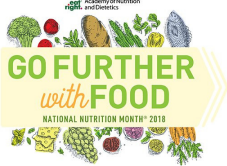
National Nutrition Month® is around the corner in March. The 2018 NNM theme is “Go Further with Food”. Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Planning meals and snacks carefully can also reduce food waste. Tips for your family 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
				
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Orange (Mandarin)	Cauliflower (Snowball) w/ FF Ranch	Honeydew (Golden)		
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Plum (Black Amber)	Apple (Granny Smith)/Celery/ Grapes (Seedless) Salad W/FF May	Strawberries		
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Orange (Red Naval Cara Cara)	Tomatoes (La-Roma)	Pear (Cactus)		
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
Apple (Pink Lady)	Baby Arugula, Grapes w/FF Raspberry Vinaigrette	Banana (Red)	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 Month



Developed by School Nutrition Services, N.C. Department of Public Instruction. USDA is an equal opportunity provider and employer. 11/17 <http://childnutrition.ncpublicschools.gov>