

## 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](http://www.eatright.org).

## Menus for February 2018

Pre-K, Head Start & Wee Titan Lunch Menu

			Thursday, February 1	Friday, February 2
	<b>Unflavored MILK IS OFFERED DAILY</b> *WG		*Beef Taco w/Cheese, Refried Beans, Applesauce	Chicken Alfredo, *Garlic Roll, California Vegetables, Pears
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Fish, *Roll, Crinkle Fries, Applesauce	Orange Chicken, *Rice, Steamed Broccoli, Pineapple	*Cheese Pizza, Glazed Carrots, Pears	BBQ, *Roll, Baked Beans, Applesauce	Beef-a-Roni, *Garlic Roll, Mixed Vegetables, Pears
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
*Cheese Burger, Mixed Vegetables, Pears	Chicken Nuggets, *Roll, Green Beans, Peaches	*Chicken Sandwich, Waffle Sweet Potato Fries, Applesauce	*Chicken & Cheese Quesadilla, Black Beans, Baked Apples	Salisbury Steak, *Roll, Creamed Potatoes, Pears
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
*Chicken Fajitas, Black Beans, Peaches	Meatloaf, *Roll, Mixed Vegetables, Pears	*Pepperoni Pizza, Green Beans, Applesauce	Spaghetti, *Garlic Roll, Peas & Carrots, Peaches	*Cheese Burger, Glazed Carrots, Pineapple
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
Chicken Alfredo, *Garlic Roll, California Vegetables, Pears	*Rib-A-Que, Refried Beans, Applesauce	*Cheese Pizza, Glazed Carrots, Pineapple		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 <a href="http://www.ncsweetpotatoes.com">www.ncsweetpotatoes.com</a> .

## 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>