

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.

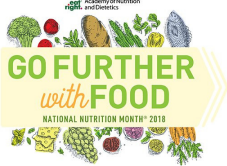
Plan now to celebrate with your family, at your school, and in your community:

- 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.

Menus for February 2018

MHS Breakfast Menu

			Thursday, February 1	Friday, February 2
	A VARIETY OF MILK IS OFFERED DAILY		CHICKEN BISCUIT OR CEREAL (TOASTY O HONEYNUT), PEARS, ORANGE JUICE	MINI PANCAKES OR SAUSAGE BISCUIT, PEACHES, GRAPE JUICE
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
CHICKEN BISCUIT OR CEREAL (CINN.TOAST) & TOAST, PEARS, GRAPE JUICE	PANCAKE & SAUSAGE ON A STICK OR CEREAL (TOASTY O HONEYNUT, PEACHES, APPLE JUICE	HAM BISCUIT OR CEREAL (MARSHMALLOW MATEYS), APPLESAUCE, ORANGE JUICE	BISCUIT, SAUSAGE GRAVY OR CEREAL (COCO PUFF) & TOAST, PEACHES, APPLE JUICE	SAUSAGE BISCUIT OR MINI MAPLE FRENCH TOAST, MIXED FRUIT, GRAPE JUICE
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
EGG BISCUIT OR CEREAL (MARSHMALLOW MATEYS), APPLESAUCE, APPLE JUICE	CHICKEN BISCUIT OR CEREAL (TRIX) & TOAST, PEACHES, ORANGE JUICE	SAUSAGE BISCUIT, OR MINI BERRY WAFFLES, PEARS, ORANGE JUICE	BISCUIT, SAUSAGE GRAVY OR MINI BERRY PANCAKES, PEACHES, GRAPE JUICE	SAUSAGE BISCUIT OR CEREAL (CINN.TOAST) & TOAST, MIXED FRUIT, APPLE JUICE
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
CHICKEN BISCUIT OR CEREAL (TRIX) & TOAST, PEARS, APPLE JUICE	BREAKFAST PIZZA OR HAM BISCUIT, APPLESAUCE, ORANGE JUICE	MINI CHOC. CHIP FRENCH TOAST OR BISCUIT, SAUSAGE GRAVY, PEACHES, APPLE JUICE	CEREAL (CINN.TOAST) & TOAST, OR SAUSAGE BISCUIT, PEARS, ORANGE JUICE	BAGEL & CREAM CHEESE BAR w/ cinnamon spread OR CEREAL (COCO PUFF) & TOAST, MIXED FRUIT, GRAPE JUICE
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
HAM BISCUIT OR CEREAL (HONEYNUT SCOOTERS), APPLESAUCE, GRAPE JUICE	MINI BERRY WAFFLES OR SAUSAGE BISCUIT, PEACHES, ORANGE JUICE	EGG BISCUIT OR CEREAL (MARSHMALLOW MATEYS), PEARS, APPLE JUICE		It's Sweet Potato Month. Did you know 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



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<http://childnutrition.ncpublicschools.gov>