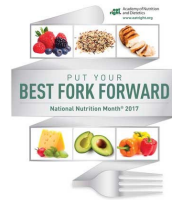


Families Making the Connection

Put Your Best Fork Forward



Did you know eating healthy can be delicious and nutritious? National Nutrition Month® is around the corner in March. The 2017 theme, "Put Your Best Fork Forward," reminds us that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. This annual event reinforces the importance of developing sound eating and physical activity habits. Start planning now to celebrate with your family, at your child's school, and in the community:

- Ask your governor or mayor to proclaim March as National Nutrition Month (NNM).
- Work with a registered dietitian, chef and/or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote National Nutrition Month.
- Ask your school or community library to host a nutrition themed story time or display.
- 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.

Find a registered dietitian nutritionist (RDN), nutrition tips and NNM info at www.eatright.org.

Menus for February 2017

		Wednesday, February 1	Thursday, February 2	Friday, February 3
		Mini Waffles Pineapple Fruit Cup Grape Juice Milk Creamy Mac-N-Cheese Baby Carrots w/Dip Assorted Fresh fruit Milk	Graham Crackers Pear Fruit Cup Orange Juice Milk Chicken Quesadilla Fresh Tossed Salad Assorted Fresh fruit Milk	Strawberry Pop Tarts Tropical Fruit Cup Apple Juice Milk 100% Beef Hot Dog w/Chili Baked Seasoned Fries Assorted Fresh fruit Milk
Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
Cinnamon Toast Crunch Applesauce Fruit Cup Orange Juice Milk Cheese Pizza California Blend Vegetables Assorted Fresh fruit Milk	Graham Cracker Bears Peach Fruit Cup Apple Juice Milk Hamburger Broccoli w/Cheese Assorted Fresh Fruit Milk	Mini Pancakes Pineapple Fruit Cup Grape Juice Milk Baked Chicken Nuggets WG Roll Peas and Carrots Assorted Fresh fruit Milk	Cinnamon Pop Tarts Pear Fruit Cup Orange Juice Milk Chicken Fillet Sandwich Spicy Pintos Assorted Fresh fruit Milk	Fruit Flavored Cheerios Tropical Fruit Cup Apple Juice Milk 100% Beef Hot Dog w/Chili Baked Sweet Potato Waffle Fries Assorted Fresh fruit Milk
Monday, February 13	Tuesday, February 14	Wednesday, February 15	Thursday, February 16	Friday, February 17
Lucky Charms Cereal Applesauce Cup Orange Juice Milk Cheese Pizza Ginger Glazed Carrots Assorted Fresh fruit Milk	Strawberry Pop Tarts Peach Fruit Cup Apple Juice Milk Hamburger Tomato Soup Assorted Fresh fruit Milk	French Toast Sticks Pineapple Fruit Cup Grape Juice Milk Spaghetti Garlic Sautéed Spinach Assorted Fresh fruit Milk	Graham Cracker Bears Pear Cup Orange Juice Milk Grilled Honey BBQ Rib Hoagie Buttered Corn Assorted Fresh fruit Milk	Cocoa Puffs Cereal Tropical Fruit Cup Apple Juice Milk 100% Beef Hot Dog w/Chili Baked Beans Assorted Fresh fruit Milk
Monday, February 20	Tuesday, February 21	Wednesday, February 22	Thursday, February 23	Friday, February 24
Honeynut Cheerios Applesauce Fruit Cup Orange Juice Milk Turkey Pot Pie w/ Biscuit Sweet Potato Nuggets Assorted Fresh fruit Milk	Trix Breakfast Bar Peach Fruit Cup Apple Juice Milk Hamburger Green Beans Assorted Fresh fruit Milk	Mini Waffles Pineapple Fruit Cup Grape Juice Milk Creamy Mac-N-Cheese Steamed Broccoli Assorted Fresh fruit Milk	Graham Cracker Bears Pear Fruit Cup Orange Juice Milk Chicken Quesadilla Vegetarian Refried Beans Assorted Fresh fruit Milk	Strawberry Pop Tarts Tropical Fruit Cup Apple Juice Milk 100% Beef Hot Dog w/Chili Baked Seasoned Fries Assorted Fresh fruit Milk
Monday, February 27	Tuesday, February 28			
Cinnamon Toast Crunch Cereal Applesauce Fruit Cup Orange Juice Milk Cheese Pizza Baked Tater Tots Assorted Fresh fruit Milk	Graham Cracker Bears Peach Fruit Cup Apple Juice Milk Hamburger Broccoli w/ Cheese Assorted Fresh fruit Milk			

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.
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<http://childnutrition.ncpublicschools.gov>