

Menu for January 2018

Families Making the Connection

Whole School, Whole Community, Whole Child

Recognizing the linkage between health and academic achievement, the North Carolina State Board of Education passed a *Whole School, Whole Community, Whole Child Resolution*. In healthy schools, children are more alert and focused on learning and miss less school. They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.

The Whole School, Whole Community, Whole Child (WSCC) coordinated school health model includes ten components:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

With all of these components in place and working together, students will be healthier in school and in class and ready to learn.

Please support the connection between health and academics at your school. For more info and resources on school health in North Carolina, visit www.nchealthyschools.org.

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
- National Bean Day (January 6)

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
Closed MLK Holiday	Cereal Bowl Mandarin Oranges Milk	WG English Muffin Peanut Butter Cup Fruit Cup Milk	WG Muffin Fantasy Fruit Milk	WG Pop Tart (TP) Diced Pears Milk
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Closed MLK Holiday	Chicken Quesadillas WG Tortilla Spicy Black Beans Salsa Pineapple Milk	I Love Take-Out! Chinese Orange Chicken Asian "Fried" Rice Garlic Broccoli Apple sauce Milk	Beef Cheese Burger Potato Wedges Fresh Cut Fruit WG Bun Milk	Turkey & Cheese Sub Carrots & Ranch Whole Fruit Milk
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
Cereal Bowl Mandarin Oranges Milk	WG Bagel Cream Cheese Cup Peaches Milk	Super Donut Pears Milk	WG Pop Tart Apple sauce Milk	Graham Crackers Banana Milk
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Yogurt Granola Ambrosia Milk	Baked Beef Spaghetti Green Peas Chilled Pineapple Milk	Rosemary Chicken Brown Rice Succotash Fresh Cut Oranges Milk	Homemade Mac & Cheese Sautéed Carrots Tropical Fruit Milk	Chicken Caesar Wrap Broccoli & Ranch Whole Fruit Milk
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
Biscuit w/leily Chilled Pineapple Cup Milk	Cereal Bowl Mandarin Oranges Milk	Yogurt Graham Crackers Pear Cup Milk		
Breakfast for Lunch Cheesy Omelet Turkey Bacon Hash Brown Potatoes WG Pancakes w/Syrup Spiced Apple Compote	Pulled BBQ Chicken Sweet Potatoes Apple sauce WG Roll Milk	Lark Chicken Jamaican Brown Rice Steamed Broccoli Seasonal Fruit Milk		

