

January 2017 Breakfast Menu

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* during its November 2016 meeting. 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.

For more info and resources on school health in North Carolina, visit www.nchealthyschools.org.

Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
CLOSED HOLIDAY	Graham Crackers Peach Fruit Cup Apple Juice Milk	Mini Pancakes Pineapple Fruit Cup Grape Juice Milk	Cinnamon Pop Tart Pear Fruit Cup Orange Juice Milk	Fruit Flavor Cheerios Tropical Fruit Cup Apple Juice Milk
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
Lucky Charms Applesauce Orange Juice Milk	Strawberry Pop Tart Peach Fruit Cup Apple Juice Milk	French Toast Sticks Pineapple Fruit Cup Grape Juice Milk	Graham Crackers Pear Fruit Cup Orange Juice Milk	Cocoa Puffs Tropical Fruit Cup Apple Juice Milk
Monday, January 30	Tuesday, January 31			
Honeynut Cheerios Applesauce Orange Juice Milk	Trix Breakfast Bar Peach Fruit Cup Apple Juice Milk			

January 2017

- Family Fit Lifestyle Month
- Salt Awareness Week (January 23-27)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
 USDA is an equal opportunity provider and employer. 11/16
<http://childnutrition.ncpublicschools.gov>

