

Families Making the Connection

It takes a village. Helping students to eat healthy has the greatest impact when everyone is involved—teachers, cafeteria staff and families. Offering healthy meals and snacks at home gives children the chance to practice the good nutrition they learn about in school.

It takes some guidance. Wondering what “good nutrition” really means? MyPyramid for Kids is a great place to start. Go to www.mypyramid.gov to learn about the pyramid’s food groups. Once there, you’ll also discover how to choose smart foods from each group.

It takes encouragement. Be a cheerleader for good nutrition at your child’s school. School meals are a nutrient-rich option for your child. Encourage your child’s healthy eating habits by supporting school meals!



January

- Family Fit Lifestyle Month
- Oatmeal Month
- Wheat Bread Month
- Egg Month
- Meat Month
- Soup Month
- Bean Day (6th)
- Milk Day (11th)



Menus for January 2010

Haywood County Elementary Schools



‘Food for Thought’ Factoids School Meals: The Healthy, Low-Cost Choice

- School meals are the healthy choice because...
 - They meet the Dietary Guidelines for Americans. There are specific nutrition standards for protein, vitamins A and C, iron and calcium. There also are limits on fat, salt and sugar.
 - Foods with little nutritional value cannot be sold. This includes foods and beverages like hard candy and carbonated soft drinks.
- School meals are the low-cost choice because...
 - Child Nutrition Programs are reimbursed for part of the cost of school meals.
 - Child Nutrition Programs are able to accept and use commodity foods. Commodity foods are foods that the government offers to schools at a reduced price.
 - Schools make no profit off of the meals sold.

Friday, January 1

New Years Day

Monday, January 4

ASSORTED CEREAL OR BREAKFAST BAR

CHEESE PIZZA OR
FISH SANDWICH
Slaw, Tarter Sauce
Broccoli Cheese Soup
Carrots with Dip
Apple
Peach Slices

Tuesday, January 5

SAUSAGE & PANCAKE ON A STICK OR BREAKFAST BAR

MAC N CHEESE W/
GRILLED FRANKS
OR SLICED HAM
Pinto beans
Cabbage, Onions
Stewed Tomatoes
Cornbread
Grapes
Mixed fruit

Wednesday, January 6

CHICKEN BISCUIT OR BREAKFAST BAR

TACO OR CHICKEN
FAJITA
Lettuce, Tomatoes,
Salsa, Sour Cream,
Cheese
Beans and Rice
Corn
Banana
Mandrian Oranges

Thursday, January 7

SCRAMBLED EGGS AND TOAST OR BREAKFAST BAR

SLOPPY JO OR
SANTA FE CHICKEN
PASTA
Lettuce, Tomatoes,
Pickles
Potato Smiles
Carrot Stix w/dip
Applesauce
Kiwi

Friday, January 8

BISCUIT & GRAVY OR BREAKFAST BAR

BREAKFAST FOR
LUNCH
Egg, Chicken, Sausage,
Steak, Pancakes or
Gravy Biscuit
Tater Tots
Spiced Apples
Orange Slices

Fit Foundations

Dining In—Make It A New Year's Resolution

More often than not, busy families are dining out and eating on-the-go. Unfortunately, when we dine out, we usually:

- Eat larger portions, which means more calories,
- Eat fewer fruits and veggies,
- Eat fewer whole grains,
- Eat fewer low-fat dairy products,
- Spend more money on our meals, and
- Do not eat meals as a family.

In hard economic times, the value of dining in is greater than ever. Make it a New Year's resolution to dine in more often. Try these time-saving tips to get your family started:

- Set aside 30 minutes to plan a list of quick, easy and healthy meals your family can eat over the next week or two.
- Select recipes with few ingredients.
- Prepare "one-pot" meals, like soups, stews, burritos or wraps and stir-fry dishes.
- Make more of the main dish so that some of it can be saved for leftovers.
- Get children involved in making simple sides, like salad. Let them set the table, pour the beverages and clean up.



Developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
 In accordance with Federal law and U.S. Department of Agriculture policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call 800-795-3272 (voice) or 202-720-6382 (TTY).
 USDA is an equal opportunity provider and employer. 05/09
www.ncdhhs.gov • www.nutritionnc.com

Source: *Eating Smart at Home* from EFNEP's Families Eating Smart and Moving More

<p>Monday, January 11</p> <p><u>PANCAKES OR BREAKFAST BAR</u></p> <p>CHICKEN RINGS W/ SCHOOL ROLL OR GRILLED CHEESE Tomato Soup Seasoned Wedges Fruit Cocktail Orange</p>	<p>Tuesday, January 12</p> <p><u>ASSORTED CEREAL OR BREAKFAST BAR</u></p> <p>BAKED ZITI W/ BREAD STICK OR SHAVED DELI TURKEY & CHEESE HOAGIE Lettuce&Tomato Tossed Salad Steamed California Vegetables Frozen Fruit Cup NC Apple Slices</p>	<p>Wednesday, January 13</p> <p><u>SAUSAGE BISCUIT OR BREAKFAST BAR</u></p> <p>BEEF CHALUPA OR STUFFED CRUST PIZZA Oven Roasted Potatoes Whole Kernel Corn Peach Cup Seedless Grapes</p>	<p>Thursday, January 14</p> <p><u>FRENCH TOAST STICKS OR BREAKFAST BAR</u></p> <p>HOT DOG W/CHILI OR SWEET AND SOUR CHICKEN W/ RICE AND BROCCOLI Veggie Beans Slaw Pears Apple</p>	<p>Friday, January 15</p> <p>Manager's Choice</p>
<p>Monday, January 18</p> <p>Teacher Work Day No School</p>	<p>Tuesday, January 19</p> <p>Teacher Work Day No School</p>	<p>Wednesday, January 20</p> <p><u>CHICKEN BISCUIT OR BREAKFAST BAR</u></p> <p>HAMBURGER OR TURKEY POT PIE Lettuce and Tomato Mixed Veggies Baked NC Sweet Potato Sliced Peaches Fresh Kiwi</p>	<p>Thursday, January 21</p> <p><u>BREAKFAST PIZZA OR BREAKFAST BAR</u></p> <p>GRILLED CHEESE AND VEGGIE BEEF SOUP OR SALISBURY STEAK Mashed Potatoes Seasoned Green Beans Sliced Peaches Red Apple</p>	<p>Friday, January 22</p> <p><u>BISCUIT & GRAVY OR BREAKFAST BAR</u></p> <p>PEPPERONI PIZZA OR FRUIT AND YOGURT PLATE Tossed Salad Corn on the Cob Apricots Banana</p>
<p>Monday, January 25</p> <p><u>SAUSAGE & PANCAKE ON A STICK OR BREAKFAST BAR</u></p> <p>BBQ DINNER W/ CORNBREAD OR CHICKEN SALAD WRAP Vegetarian Beans Seasoned Wedges Cole Slaw Fruity Jello Seedless Grapes</p>	<p>Tuesday, January 26</p> <p><u>ASSORTED CEREAL OR BREAKFAST BAR</u></p> <p>HOT HAM & CHEESE OR CHICKEN ALFREDO W/ BROCCOLI AND BREAD STICK Lettuce and Tomato Potato Smiles Cucumbers and Carrots w/ dip Fruit Cocktail Banana</p>	<p>Wednesday, January 27</p> <p><u>SAUSAGE BISCUIT OR BREAKFAST BAR</u></p> <p>CHEESE QUESADILLA w/ Salsa and Sour Cream OR CORNDOG Tomato Soup Pinto Beans Frozen Fruit Cup Apple</p>	<p>Thursday, January 28</p> <p><u>SCRAMBLED EGGS AND TOAST OR BREAKFAST BAR</u></p> <p>CHICKEN FILET OR PORK ROAST W/ GRAVY AND ROLL Lettuce and Tomato Green Beans Mashed Potato Pineapple Orange Wedges</p>	<p>Friday, January 29</p> <p><u>BISCUIT & GRAVY OR BREAKFAST BAR</u></p> <p>SEAFOOD BASKET W/ HUSHPUPIES OR STUFFED CRUST PIZZA Cole Slaw Whole Kernel Corn Cherries Kiwi</p>