

## 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](http://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

Meadowbrook Elementary School



## ‘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

**Teacher Work Day**

Tuesday, January 5

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

Wednesday, January 6

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

Thursday, January 7

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

Friday, January 8

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



Monday, January 11

CHICKEN RINGS W/  
SCHOOL ROLL OR  
GRILLED CHEESE  
Tomato Soup  
Seasoned Wedges  
Fruit Cocktail  
Orange

Tuesday, January 12

BAKED ZITI W/  
BREAD STICK OR  
SHAVED DELI TUR-  
KEY & CHEESE HOA-  
GIE  
Lettuce & Tomato  
Tossed Salad  
Steamed California  
Vegetables  
Frozen Fruit Cup  
NC Apple Slices

Wednesday, January 13

BEEF CHALUPA OR  
STUFFED CRUST  
PIZZA  
Oven Roasted Potatoes  
Whole Kernel Corn  
Peach Cup  
Seedless Grapes

Thursday, January 14

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

Friday, January 15

CHEESE  
QUESADILLA w/ Salsa  
& Sour Cream  
OR STUFFED CRUST  
PIZZA  
Whole Kernel Corn  
Cherries  
Kiwi

Monday, January 18

Holiday

Tuesday, January 19

HOT DOG W/CHILI  
OR SWEET AND  
SOUR CHICKEN W/  
RICE AND BROCCOLI  
Veggie Beans  
Slaw  
Pears  
Apple

Wednesday, January 20

HAMBURGER OR  
TURKEY POT PIE  
Lettuce and Tomato  
Mixed Veggies  
Baked NC Sweet Potato  
Sliced Peaches  
Fresh Kiwi

Thursday, January 21

GRILLED CHEESE  
AND VEGGIE BEEF  
SOUP OR SALISBURY  
STEAK  
Mashed Potatoes  
Seasoned Green Beans  
Sliced Peaches  
Red Apple

Friday, January 22

PEPPERONI PIZZA OR  
FRUIT AND YOGURT  
PLATE  
Tossed Salad  
Corn on the Cob  
Apricots  
Banana

Monday, January 25

BBQ DINNER W/  
CORNBREAD OR  
CHICKEN SALAD  
WRAP  
Vegetarian Beans  
Seasoned Wedges  
Cole Slaw  
Fruity Jello  
Seedless Grapes

Tuesday, January 26

HOT HAM & CHEESE  
OR CHICKEN  
ALFREDO W/  
BROCCOLI AND  
BREAD STICK  
Lettuce and Tomato  
Potato Smiles  
Cucumbers and Carrots  
w/ dip  
Fruit Cocktail  
Banana

Wednesday, January 27

**T**  
CHEESE QUESADILLA  
w/ Salsa and  
Sour Cream  
OR CORNDOG  
Tomato Soup  
Pinto Beans  
Frozen Fruit Cup  
Apple

Thursday, January 28

CHICKEN FILET OR  
PORK ROAST W/  
GRAVY AND ROLL  
Lettuce and Tomato  
Green Beans  
Mashed Potato  
Pineapple  
Orange Wedges

Friday, January 29

SEAFOOD BASKET  
W/ HUSHPUPPIES  
OR STUFFED CRUST  
PIZZA  
Cole Slaw  
Whole Kernel Corn  
Cherries  
Kiwi

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