

9-12 Lunch Menus

January 2019

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.

| | Tuesday, January 1 | Wednesday, January 2 | Thursday, January 3 | Friday, January 4 |
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| | Holiday | No School | Beefy Nachos w/ Tortilla Chips Sweet Potato Fries Pinto Beans Canned Fruit Fresh Fruit, Variety Choice of Milk | Cheese Pizza on WG Crust Sweet Yellow Corn Tossed Romaine Salad Canned Fruit Fresh Fruit, Variety Choice of Milk |
| Monday, January 7 | Tuesday, January 8 | Wednesday, January 9 | Thursday, January 10 | Friday, January 11 |
| Chicken Nuggets , Rice Broccoli & Cheese Fresh Carrots & Dip Fruit Cocktail Fresh Fruit, Variety WG Roll Choice of Milk | Hot Dog on WG Bun Baked Beans Oven Fries Applesauce Fresh Fruit, Variety Choice of Milk | Sloppy Joe on WG Bun Green Beans Glazed Sweet Potatoes Chilled Pears Fresh Fruit, Variety Choice of Milk | Fried Chicken Leg Pinto Beans Mashed Potatoes Canned Fruit Fresh Fruit, Variety WG Roll (2 ea) Choice of Milk | Cheese Pizza on WG Crust Sweet Yellow Corn Tossed Green Salad Canned Fruit Fresh Fruit, Variety Choice of Milk |
| Monday, January 14 | Tuesday, January 15 | Wednesday, January 16 | Thursday, January 17 | Friday, January 18 |
| BBQ Chicken Leg, Rice Mashed Potatoes Broccoli & Cheese Fruit Cocktail Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk | Mac & Cheese Green Beans Fresh Carrots w/ Dip Applesauce Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk | Cheeseburger on WG Bun Coleslaw Sweet Peas Chilled Pears Fresh Fruit, Variety Choice of Milk | Chicken Nuggets Sweet Yellow Corn Glazed Sweet Potatoes Canned Fruit Fresh Fruit, Variety WG Roll (2 ea) Choice of Milk | Cheese Pizza on WG Crust Black-eye Peas Tossed Green Salad Chilled Pears Fresh Fruit, Variety Choice of Milk |
| Monday, January 21 | Tuesday, January 22 | Wednesday, January 23 | Thursday, January 24 | Friday, January 25 |
| Holiday | Chicken Pattie Sandwich on WG Bun Coleslaw Broccoli & Cheese Chilled Pears Fresh Fruit, Variety Choice of Milk | Hot Dog on WG Bun Oven Fries Baked Beans Applesauce Fresh Fruit, Variety Choice of Milk | Corn Dog Pinto Beans Glazed Sweet Potatoes Canned Fruit Fresh Fruit, Variety WG Roll (2 ea) Choice of Milk | Cheese Pizza on WG Crust Sweet Yellow Corn Tossed Green Salad Canned Fruit Fresh Fruit, Variety Choice of Milk |
| Monday, January 28 | Tuesday, January 29 | Wednesday, January 30 | Thursday, January 31 | |
| BBQ Chicken Leg Mashed Potatoes Broccoli & Cheese Fruit Cocktail Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk | Mac & Cheese Green Beans Fresh Carrots w/ Dip Applesauce Fresh Fruit, Variety WG Roll Choice of Milk | Cheeseburger on WG Bun Coleslaw Sweet Peas Chilled Pears Fresh Fruit, Variety Choice of Milk | Beefy Nachos w/ Tortilla Chips Glazed Sweet Potatoes Pinto Beans Canned Fruit Fresh Fruit, Variety Choice of Milk | |



January

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



Developed by School Nutrition Services, N.C. Department of Public Instruction. NCDPI and USDA are equal opportunity providers and employers. 05/18 <http://childnutrition.ncpublicschools.gov>

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