

January 2019

K-8 Lunch Menus

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.

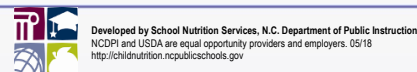
Please support the connection between health and academics at your school. For more info and resources on school health in North Carolina, visit www.nchealthyschools.org.

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	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 Choice of Milk
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Chicken Nuggets Broccoli & Cheese Fresh Carrots & Dip Fruit Cocktail Fresh Fruit, Variety WG Roll (1 ea) 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 (1 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 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 (1 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 (1 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 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)



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