

January 2019








Food Bytes

Healthier Students, Healthier Schools, Healthier Communities

Did you know students miss less school and are more alert and focused in healthy schools? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students and healthier communities. School districts have also passed local wellness policies.

How can students and families help?

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes members from education, health and the community, including students and families.
- Volunteer for your school or district level wellness committee.
- Offer whole grains, fruit, vegetables, lowfat dairy wherever food is sold/shared.
- Use non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Use and choose non-food rewards.
- Eat and promote school meals.
- Be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
				
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
	Chef's Choice of Entrée 100% Fruit Juice Fruit	Chef's Choice of Entrée 100% Fruit Juice Fruit	Chef's Choice of Entrée 100% Fruit Juice Fruit	Chef's Choice of Entrée 100% Fruit Juice Fruit
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Waffles w/ syrup 100% Fruit Juice Fruit cocktail-canned	WG Donut 100% Fruit Juice Fresh Fruit Choice	WW Bagel 100% Fruit Juice Pineapple-canned	Breakfast Burrito 100% Fruit Juice Fresh Fruit Choice	WG Cinnamon Roll 100% Fruit Juice Pears-canned
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
No School 	W.G. Cereal Yogurt 100% Fruit Juice Fresh Fruit Choice	Biscuit & Gravy 100% Fruit Juice Applesauce-canned	Coffeecake 100% Fruit Juice Fresh Fruit Choice	Omelet 100% Fruit Juice Fruit Cocktail-canned
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Pancakes w/syrup 100% Fruit Juice Peaches-canned	Breakfast Bosco 100% Fruit Juice Fresh Fruit Choice	Breakfast Pizza 100% Fruit Juice Pears-canned	English Muffin w/ sausage 100% Fruit Juice Fresh Fruit Choice	

1% Low-fat Milk & 1% Chocolate Milk offered with Breakfast and Lunch

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month

Menus are subject to change.

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This institution is an equal opportunity provider.