

# Families Making the Connection

## Dietary Guidelines

Did you know that the *Dietary Guidelines for Americans* are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the most recent version of the *Dietary Guidelines* are:

1. Follow a healthy eating pattern across the lifespan.
  2. Focus on variety, nutrient density, and amount.
  3. Limit calories from added sugars and saturated fats and reduce sodium intake.
  4. Shift to healthier food and beverage choices.
  5. Support healthy eating patterns for all.
- Check out <http://health.gov/dietaryguidelines>.

### Breakfast Menu

#### Mondays:

Pancakes or Waffle Sticks  
Mandarin Oranges  
Juice  
Milk

#### Tuesdays:

Grits or Oatmeal  
Turkey Patty  
Tropical fruit  
Milk

#### Wednesdays:

Whole Grain Biscuit  
Applesauce  
Juice  
Milk

#### Thursdays:


Cereal  
Bananas  
Milk

#### Fridays:

French Toast or Cinnamon Toast  
Fresh Fruit in Season  
Juice

# K- 8th Menu for January 2017

# Quality Education Academy

Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
 <b>No School</b>	<b>Teriyaki Bites</b> <b>Brown Rice</b> <b>Tossed Salad</b> <b>Sweet Potato Patty</b> Juice Milk	<b>Sloppy Joe on Whole Wheat Bun</b> <b>Broccoli</b> <b>Kernel Corn</b> <b>Fruit Juice Bar</b> Milk	<b>Sweet &amp; Sour Meatballs</b> <b>Brown Rice</b> <b>Fresh Carrots</b> <b>Green Beans</b> <b>Fresh Fruit in Season</b> Milk	<b>Hot Dog on Whole Wheat Bun</b> <b>Coleslaw</b> <b>Bake Beans</b> <b>Fruit Juice Bar</b> Milk
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
<b>Chicken Tenders</b> <b>Broccoli</b> <b>Seasoned Carrots</b> <b>Tropical Fruit</b> Milk	<b>Cheese Pizza</b> <b>Green Peas</b> <b>Bake Potato Wedges</b> <b>Diced Peaches</b> Milk	<b>Spaghetti w/ Meat Sauce</b> <b>Tossed Salad</b> <b>Sweet Potato Patty</b> Juice Milk	<b>Hamburger on Whole Wheat Bun</b> <b>Coleslaw</b> <b>Diced Potatoes</b> <b>Fresh Fruit in Season</b> Milk	<b>Taco</b> <b>Shredded Lettuce</b> <b>Diced Tomatoes</b> <b>Shredded Cheese</b> <b>Fruit Juice Bar</b> Milk
Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
 <b>No School</b>	 <b>No School</b>	<b>Chicken Alfredo</b> <b>Broccoli</b> <b>Kernel Corn</b> <b>Fruit Juice Bar</b> Milk	<b>Corndogs</b> <b>Green Peas</b> <b>Sweet Potato Patty</b> <b>Fresh Fruit in Season</b> Milk	<b>Hot Dog on Whole Wheat Bun</b> <b>Coleslaw</b> <b>Bake Beans</b> <b>Fruit Juice Bar</b> Milk
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
<b>Chicken Nuggets</b> <b>Green Peas</b> <b>Seasoned Carrots</b> <b>Tropical Fruit</b> Milk	<b>BBQ Meatballs Roll</b> <b>Kernel Corn</b> <b>Green Beans</b> <b>Diced Peaches</b> Milk	<b>Cheeseburger Mac</b> <b>Tossed Salad</b> <b>Sweet Potato Patty</b> Juice Milk	<b>BBQ Chicken on Whole Wheat Bun</b> <b>Broccoli</b> <b>Pinto Beans</b> <b>Fresh Fruit in Season</b> Milk	<b>Taco</b> <b>Shredded Lettuce</b> <b>Diced Tomatoes</b> <b>Shredded Cheese</b> <b>Fruit Juice Bar</b> Milk
Monday, January 30	Tuesday, January 31	<b>1% White Milk and Skim Chocolate is served daily with Breakfast and Lunch</b> 		

## January

- Family Fit Lifestyle Month
- Salt Awareness Week (January 23-27)

Source: <http://health.gov/dietaryguidelines>



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>

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