

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

9-12th Menu for January 2017 Quality Education Academy

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

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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