

The Point College Preparatory & Leadership Academy 9th-11th Lunch November Menu

Families Making the Connection

Health is Academic

Do you know that November is *Healthy Lifestyles Month*? The National PTA created Healthy Lifestyles Month to promote child health and wellness. Throughout November, PTAs nationwide participate by conducting programs to promote health education, physical activity and parental involvement. Knowing that a healthy child can achieve and learn more, PTAs are encouraging families to increase their physical activity, eat fresh fruits and vegetables, and promote healthy lifelong behaviors. *Healthy Lifestyles Month* has encouraged PTAs to get creative and develop initiatives that make living healthy fun.

North Carolina PTA has launched a *Health is Academic* campaign. NCPTA supports schools helping students learn the value of balanced nutrition, sensible exercise and good overall health. Healthy kids have better academic outcomes. What can families do?

- Ask for more active recess and PE time.
- Promote healthy school meals and snacks.
- Use non-food rewards. Offer healthy options for celebrations.
- Support your school in using Energizers, the Walking Classroom, school gardens and outdoor learning environments.
- Choose fundraisers to promote healthy choices that do not include food.

For info and resources, visit:

- www.pta.org/programs/content.cfm?ItemNumber=4280
- <http://ncpta.org/index.php/programs/just-ask-health-program/>



		Wednesday, November 1	Thursday, November 2	Friday, November 3
		BAKED SPAGHETTI GREEN BEANS DICED TOMATOES ORANGES FROZEN FRUIT CUPS LOW FAT OR SKIM MILK	FRIED CHICKEN W/G DINNER ROLL MASHED POTATOES YELLOW CORN DICED PEACHES ORANGES LOW FAT OR SKIM MILK	PIZZA ROMAINESALAD MIX (RANCH DRESSING) ORANGES FRESH FRUIT LOW FAT OR SKIM MILK
Monday, November 6	Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10
CHICKEN FILLET SANDWICH YELLOW CORN GREEN PEAS APPLESAUCE ORANGES LOW FAT OR SKIM MILK	CUBE STEAK W/GRAVY W/G DINNER ROLL MASHED POTATOES BROCCOLI PINEAPPLE TIDBITS ORANGES LOW FAT ORSKIM MILK	FRIED CHICKEN W/G DINNER ROLL GREEN BEANS YELLOW CORN ORANGES APPLES LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX (RANCH DRESSING) ORANGES LOW FAT OR SKIM MILK	VETERANS HOLIDAY NO SCHOOL
Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17
CHICKEN NUGGETS PINTO BEANS YELLOW CORN ORANGES LOW FAT ORSKIM MILK	BAKED CHICKEN W/G DINNER ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT ORANGES LOW FAT OR SKIM MILK	DELI TURKEY & CHEESE SANDWICH FRESH CARROTS W/RANCH CELERY STICKS APPLESAUCE FROZEN FRUIT LOW FAT OR SKIM MILK	TACO SALAD W/NACHO CHEESE W/G TORTILLA CHIPS SHREDDED LETTUCE YELLOW CORN ORANGES LOW FAT OR SKIM MILK	CHICKEN & NOODLES GREEN BEANS DICED CARROTS DICED PEACHES FRESH FRUIT LOW FAT OR SKIM MILK
Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24
THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL
Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	
BAKED SPAGHETTI YELLOW CORN DICED TOMATOES ORANGES LOW FAT OR SKIM MILK	CHICKEN FILLET SANDWICH GREEN BEANS MASHED POTATOES FRUIT COCKTAIL ORANGES LOW FAT OR SKIM MILK	FRIED CHICKEN W/G DINNER ROLL BROCCOLI & CHEESE YELLOW CORN ORANGES APPLES LOW FAT OR SKIM MILK	CUBE STEAK W/GRAVY W/G DINNER ROLL MASHED POTATOES GREEN BEANS PINEAPPLE TIDBITS ORANGES LOW FAT ORSKIM MILK	

November

- Good Nutrition Month
- Thanksgiving

Sources: www.pta.org, <http://ncpta.org>



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