

## Families Making the Connection

### Eat Right, Live Right, Feel Right

National Nutrition Month® is around the corner in March. The 2019 NNM theme is “Eat Right, Live, Feel Right”. Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Here are tips for your family any time of the year:

1. Discover the benefits of a healthy eating style.
2. Opt for foods and drinks that are good for you.
3. Include a variety of foods from all food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Eat the appropriate portion sizes for you.
6. Keep it simple.
7. Make food safety part of every day routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more.
9. Be active every day with activities you enjoy.
10. Consider consulting a Registered Dietitian Nutritionist (RDN) for healthy eating guidance.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. Start planning now to celebrate with your family, at your child’s school, and in the community:

- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

Find a registered dietitian nutritionist (RDN), nutrition tips and NNM info at [www.eatright.org](http://www.eatright.org).

## February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month

## THE POINT COLLEGE PREPARATORY LEADERSHIP ACADEMY FEB. 2019 9-12 LUNCH MENU

				Friday, February 1
				PIZZA (PEPPERONI OR CHEESE)  CUCUMBER SALAD FRESH CELERY STICKS W/ RANCH APPLESAUCE FRESH FRUIT LOW FAT OR SKIM MILK
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
TACO SALAD W/ NACHO CHEESE W/G TORTILLA CHIP  SHREDDED LETTUCE PINTO BEANS PICO SALSA DICED PEARS  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  SWEET POTATOES GREEN BEANS DICED PEACHES FRESH FRUIT  LOW FAT OR SKIM MILK	MEATBALLS W/ GRAVY W/G ROLL  MASHED POTATOES BROCCOLI & CHEESE MANDARIN ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK	BAKED SPAGHETTI W/G ROLL  ROMAINE SALAD W/ RANCH YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT  LOW FAT OR SKIM MILK	PIZZA (PEPPERONI OR CHEESE)  FRESH CELERY BABY CARROTS W/ RANCH APPLESAUCE FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
PHILLY CHEESESTEAK W/G HOAGIE BUN ONIONS & PEPPERS  YELLOW CORN FRESH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK	SLOPPY JOE W/G HAMBURGER BUN  BROCCOLI & CHEESE TATER TOTS PINEAPPLE TIDBITS FRESH FRUIT  LOW FAT OR SKIM MILK	CHICKEN & RICE CASSEROLE W/G ROLL  GREEN BEANS YELLOW CORN DICED PEARS FRESH FRUIT  LOW FAT OR SKIM MILK	BBQ MEATBALLS W/G ROLL  BROWN RICE STEAMED CARROTS MANDARIN ORANGES FRESH FRUIT LOW FAT OR SKIM MILK	PIZZA (PEPPERONI OR CHEESE)  CUCUMBER SALAD BABY CARROTS DICED PEACHES  LOW FAT OR SKIM MILK
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
TACO SALAD W/ NACHO CHEESE W/G TORTILLA CHIPS  SHREDDED LETTUCE PINTO BEANS PICO SALSA DICED PEARS FRESH FRUIT  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  SWEET POTATOES STEAMED BROCCOLI FRUIT COCKTAIL FRESH FRUIT  LOW FAT OR SKIM MILK	PHILLY CHEESESTEAK W/G HOAGIE BUN ONIONS & PEPPERS  YELLOW CORN FRESH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK	BAKED SPAGHETTI W/G ROLL  GREEN BEANS DICED PEACHES FRESH FRUIT  LOW FAT OR SKIM MILK	PIZZA (PEPPERONI OR CHEESE)  ROMAINE SALAD MIX BABY CARROTS W/ RANCH DICED PEARS FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	February is Sweet Potato Month. It is our State Veggie. N.C. is the #1 sweet potato producing state in the nation. Sweet potatoes can be eaten raw or cooked as part of any meal or snack. Check out <a href="http://www.ncsweetpotatoes.com">www.ncsweetpotatoes.com</a> .
MEATBALLS W/ GRAVY W/G ROLL  MASHED POTATOES YELLOW CORN DICED PEARS FRESH FRUIT  LOW FAT OR SKIM MILK	CHICKEN & RICE CASSEROLE W/G ROLL  STEAMED BROCCOLI DICED PEACHES FRESH FRUIT  LOW FAT OR SKIM MILK	SLOPPY JOE W/G HAMBURGER BUN  TATER TOTS GREEN BEANS FRUIT COCKTAIL FRESH FRUIT  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  STEAMED CARROTS PINTO BEANS PINEAPPLE TIDBITS FRESH FRUIT  LOW FAT OR SKIM MILK	

