

FOOD BYTES

EAT RIGHT, BITE BY BITE

NATIONAL NUTRITION MONTH® (NNM) IS COMING UP IN MARCH. THE 2020 THEME IS “EAT RIGHT, BITE BY BITE”. THE FOOD CHOICES YOU MAKE MATTER. TIPS FOR YOU AND YOUR FAMILY:

1. DISCOVER THE BENEFITS OF HEALTHY EATING.
2. OPT FOR FOODS AND DRINKS THAT ARE GOOD FOR YOU.
3. EAT A VARIETY FROM ALL FOOD GROUPS.
4. SELECT HEALTHIER OPTIONS WHEN EATING AWAY FROM HOME.
5. EAT THE RIGHT PORTION SIZES FOR YOU.
6. KEEP IT SIMPLE.
7. USE GOOD FOOD SAFETY PRACTICES EVERY DAY.

HIGH SCHOOL OFFERED:

1. MILK 8FL OZ, 1% LOW FAT OR FAT FREE CHOC
2. 2 OZ MEAT / MEAT ALTERNATIVE
3. 1 CUP OF FRUIT
4. 1 CUP OF VEGETABLES
5. GRAINS 10-12 WEEK (51% WHOLE GRAIN)

**** ALL STUDENTS MAY REFUSE 2 OF THE ABOVE BUT MUST TAKE 1 CUP OF FRUIT / VEGGIE EQUIVALENT. ****

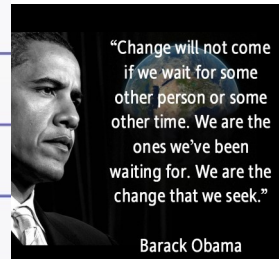
February

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

HIGH SCHOOL LUNCH FEBRUARY 2020

BRIDGE ACADEMY

MONDAY, FEBRUARY 3	TUESDAY, FEBRUARY 4	WEDNESDAY, FEBRUARY 5	THURSDAY, FEBRUARY 6	FRIDAY, FEBRUARY 7
Macaroni & Cheese W/ Garden Salad Corn Muffin Apples / Oranges Craisins	Cheeseburger W/ Roll Carrots Corn Apples / Oranges Cherry Veggie Slushy	Chicken Taco W/ Garbanzo Beans Corn Oranges / Apples Peaches	Cheese Pizza W/ Garden Salad Green Beans Apples / Oranges Apple sauce Craisins	HALF DAY
MONDAY, FEBRUARY 10	TUESDAY, FEBRUARY 11	WEDNESDAY, FEBRUARY 12	THURSDAY, FEBRUARY 13	FRIDAY, FEBRUARY 14
Chicken Nuggets W/ Smiley Fries Corn, Peas & Carrots Apple sauce Apples Ketchup Packet	Chicken Sandwich W/ Carrots Lettuce & Tomato Oranges / Apples Peaches Ketchup Packet	Chicken Taco W/ Garbanzo Beans Corn Oranges / Apples Peaches	Cheese Pizza W/ Garden Salad Green Beans Apples / Oranges Apple sauce Craisins	CLOSED
MONDAY, FEBRUARY 17	TUESDAY, FEBRUARY 18	WEDNESDAY, FEBRUARY 19	THURSDAY, FEBRUARY 20	FRIDAY, FEBRUARY 21
CLOSED	CLOSED	Chicken Sandwich W/ Carrots Lettuce & Tomato Apples / Oranges Peaches Ketchup Packet	Cheese Pizza W/ Garden Salad Green Beans Apples / Oranges Apple sauce Craisins	Chicken Nuggets W/ Smiley Fries Corn Muffin Corn, Peas & Carrots Apple sauce Apples Ketchup Packet
MONDAY, FEBRUARY 24	TUESDAY, FEBRUARY 25	WEDNESDAY, FEBRUARY 26	THURSDAY, FEBRUARY 27	FRIDAY, FEBRUARY 28
Chicken Taco W/ Garbanzo Beans Corn Oranges / Apples Peaches	Chicken Sandwich W/ Carrots Lettuce / Tomato Oranges / Apples Peaches Ketchup Packet	Macaroni & Cheese W/ Garden Salad / Carrots Corn Muffin Apples / Oranges Applesauce Cup Craisins	Cheese Pizza W/ Garden Salad Green Beans Apples / Oranges Apple sauce Craisins	HALF DAY



“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”



It's Sweet Potato Month. Did you know 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: www.ncsweetpotatoes.com

****This institution is an equal opportunity provider.****
****Menu subject to change based on freshness, delivery, inclement weather and/or availability.****