

Breakfast Menus for Asheville City Elementary January 2019

Families Making the Connection

Whole School, Whole Community, Whole Child

Recognizing the linkage between health and academic achievement, the North Carolina State Board of Education passed a *Whole School, Whole Community, Whole Child Resolution*. In healthy schools, children are more alert and focused on learning and miss less school. They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.



The Whole School, Whole Community, Whole Child (WSCC) coordinated school health model includes ten components:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

With all of these components in place and working together, students will be healthier in school and in class and ready to learn.

Please support the connection between health and academics at your school. For more info and resources on school health in North Carolina, visit www.nchealthyschools.org.



	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
				
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Breakfast Pancakes, WG Yogurt & WG Graham Crackers Or Variety of Cereals	Breakfast Sausage Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Berry Parfaits Or Variety of WG Cereals	Breakfast WG Banana Bread or Assorted Muffins Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Super Donut w/ Hard Boiled Egg Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Breakfast French Toast Sticks, WG Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Chicken Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Creamy Oatmeal w/ WG Toast Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast WG Banana Bread or Assorted Muffins Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Super Donut w/ Hard Boiled Egg Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
Happy Martin Luther King Jr. Day!  No School		Main line Ham and Cheese Croissant Breakfast Cart Ham and Cheese Croissant	Breakfast Ham & Cheese Croissant Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Scrambled Eggs, WG Toast w/ Jam Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Breakfast French Toast Sticks, WG Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Chicken Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Creamy Oatmeal w/ WG Toast Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast WG Banana Bread or Assorted Muffins Yogurt & WG Graham Crackers Or Variety of WG Cereals	

Additional Menu Items:

- 1% and fat-free milk offered daily
- Fruits or 100% fruit juice are offered daily at meals
- Students may have unlimited amounts of fruits at breakfast (excludes juice)
- Fresh Fruits will be served at least two times per week at breakfast

Menu is subject to change based on product availability

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
- National Bean Day (January 6)



Developed by School Nutrition Services, N.C. Department of Public Instruction. NCDPI and USDA are equal opportunity providers and employers. 05/18 <http://childnutrition.ncpublicschools.gov>

Breakfast Menus for Asheville City Preschools January 2019

Families Making the Connection

Whole School, Whole Community, Whole Child




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	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
			Breakfast Breakfast Muffin, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Breakfast Pancakes, WG Milk Fruit: _____	Breakfast Cheese Biscuit Milk Fruit: _____	Breakfast Berry Parfaits, WG Milk Fruit: _____	Breakfast Ham & Cheese Croissant, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Breakfast French Toast Sticks, WG Milk Fruit: _____	Breakfast Chicken Biscuit Milk Fruit: _____	Breakfast Creamy Oatmeal Milk Fruit: _____	Breakfast Breakfast Muffin, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
		Breakfast Pancakes, WG Milk Fruit: _____	Breakfast Ham & Cheese Croissant, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Additional Menu Items: <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily. ▪ Fresh or chilled fruit offered daily.
Breakfast French Toast Sticks, WG Milk Fruit: _____	Breakfast Chicken Biscuit Milk Fruit: _____	Breakfast Creamy Oatmeal Milk Fruit: _____	Breakfast Breakfast Muffin, WG Milk Fruit: _____	

January

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- National Soup Month
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Breakfast Menus for Breakfast in the Classroom & Primary School January 2019

Families Making the Connection

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	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
			Breakfast Graham Crackers, WG w/ Yogurt	Breakfast WG Cereal w/ String Cheese
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Breakfast Mini Maple Waffles, WG	Breakfast Sausage Biscuit	Breakfast Ham & Cheese Croissant, WG	Breakfast French Toast Sticks, WG	Breakfast WG Cereal w/ String Cheese
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Breakfast Banana Bread, WG	Breakfast Chicken Biscuit	Breakfast Mini Maple Pancakes, WG	Breakfast Graham Crackers, WG w/ Yogurt	Breakfast WG Cereal w/ String Cheese
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
		Breakfast Ham & Cheese Croissant, WG	Breakfast French Toast Sticks, WG	Breakfast WG Cereal w/ String Cheese
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Additional Menu Items: <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily. ▪ Fresh or chilled fruit offered daily.
Breakfast Banana Bread, WG	Breakfast Chicken Biscuit	Breakfast Mini Maple Pancakes, WG	Breakfast Graham Crackers, WG w/ Yogurt	

Menu is subject to change based on product availability

January

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- National Oatmeal Month
- National Soup Month
- National Bean Day (January 6)



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Breakfast Menus for Asheville City Middle Schools January 2019

Food Bytes




Healthier Students, Healthier Schools, Healthier Communities

Did you know students miss less school and are more alert and focused in healthy schools? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students and healthier communities. To support student health and academics, the N.C. State Board of Education passed the *Healthy Active Children Policy* and the *Whole School, Whole Community, Whole Child Resolution*. School districts also passed local wellness policies.

How can students and families help?

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes members from education, health and the community, including students and families.
- Volunteer for your school or district level wellness committee.
- Offer whole grains, fruit, vegetables, lowfat dairy wherever food is sold/shared.
- Use non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Use and choose non-food rewards.
- Eat and promote school meals.
- Be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

Nutrilink: For more info on school health, visit www.nhealthyschools.org.

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	 <h2 style="margin: 0;">Happy New Year! No School</h2>		<p>Breakfast WG Banana Bread or Assorted Muffins</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Super Donut w/ Hard Boiled Egg</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<p>Breakfast Pancakes, WG</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of Cereals</p>	<p>Breakfast Sausage Biscuit</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Berry Parfaits</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Ham & Cheese Croissant</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Scrambled Eggs, WG Toast w/ Jam</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
<p>Breakfast French Toast Sticks, WG</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Chicken Biscuit</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Creamy Oatmeal w/ WG Toast</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast WG Banana Bread or Assorted Muffins</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Super Donut w/ Hard Boiled Egg</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
<p>Happy Martin Luther King Jr. Day!</p>  <h2 style="margin: 0;">Happy Martin Luther King Jr. Day! No School</h2>		<p>Breakfast Pancakes, WG</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Ham & Cheese Croissant</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Scrambled Eggs, WG Toast w/ Jam</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
<p>Breakfast French Toast Sticks, WG</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Chicken Biscuit</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast Creamy Oatmeal w/ WG Toast</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p>Breakfast WG Banana Bread or Assorted Muffins</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	

Additional Menu Items:

- 1% and fat-free milk offered daily
- Fruits or 100% fruit juice are offered daily at meals
- Students may have unlimited amounts of fruits at breakfast (excludes juice)
- Fresh Fruits will be served at least two times per week at breakfast

January

- Family Fit Lifestyle Month
- National Oatmeal Month

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Breakfast Menus for Asheville City High Schools January 2019

Food Bytes




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- Use non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
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- Be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

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	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
			<p><u>Main line</u> WG Banana Bread or Assorted Muffins</p> <p><u>Breakfast Cart</u> WG Banana Bread or Assorted Muffins</p>	<p><u>Main line</u> Biscuits & Gravy</p> <p><u>Breakfast Cart</u> Jelly Biscuits</p>
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<p><u>Main line</u> Pancakes, WG</p> <p><u>Breakfast Cart</u> Mini Pancakes</p>	<p><u>Main line</u> Berry Parfaits</p> <p><u>Breakfast Cart</u> Berry Parfaits</p>	<p><u>Main line</u> Ham and Cheese Croissant</p> <p><u>Breakfast Cart</u> Ham and Cheese Croissant</p>	<p><u>Main line</u> French Toast Sticks, WG Sausage & Egg Biscuit</p> <p><u>Breakfast Cart</u> French Toast Sticks, WG, IW Sausage & Egg Biscuit</p>	<p><u>Main line</u> Scrambled Eggs, Bacon, WG Toast</p> <p><u>Breakfast Cart</u> Bacon, Egg & Cheese Biscuit</p>
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
<p><u>Main line</u> Sausage or Chicken Biscuit</p> <p><u>Breakfast Cart</u> Sausage or Chicken Biscuit</p>	<p><u>Main line</u> Super Donut w/ Hard Boiled Egg</p> <p><u>Breakfast Cart</u> Jelly Biscuits</p>	<p><u>Main line</u> Creamy Oatmeal w/ WG Toast Egg & Cheese Toast Sandwich</p> <p><u>Breakfast Cart</u> Egg & Cheese Toast Sandwich</p>	<p><u>Main line</u> WG Banana Bread or Assorted Muffins</p> <p><u>Breakfast Cart</u> WG Banana Bread or Assorted Muffins</p>	<p><u>Main line</u> Biscuits & Gravy</p> <p><u>Breakfast Cart</u> Jelly Biscuits</p>
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
<p>Happy Martin Luther King Jr. Day!</p> <p>No School</p> 		<p><u>Main line</u> Ham and Cheese Croissant</p> <p><u>Breakfast Cart</u> Ham and Cheese Croissant</p>	<p><u>Main line</u> French Toast Sticks, WG Sausage & Egg Biscuit</p> <p><u>Breakfast Cart</u> French Toast Sticks, WG, IW Sausage & Egg Biscuit</p>	<p><u>Main line</u> Scrambled Eggs, Bacon, WG Toast</p> <p><u>Breakfast Cart</u> Bacon, Egg & Cheese Biscuit</p>
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
<p><u>Main line</u> Sausage or Chicken Biscuit</p> <p><u>Breakfast Cart</u> Sausage or Chicken Biscuit</p>	<p><u>Main line</u> Super Donut w/ Hard Boiled Egg</p> <p><u>Breakfast Cart</u> Jelly Biscuits</p>	<p><u>Main line</u> Creamy Oatmeal w/ WG Toast Egg & Cheese Toast Sandwich</p> <p><u>Breakfast Cart</u> Egg & Cheese Toast Sandwich</p>	<p><u>Main line</u> WG Banana Bread or Assorted Muffins</p> <p><u>Breakfast Cart</u> WG Banana Bread or Assorted Muffins</p>	

- Additional Menu Items:**
- Yogurt, Graham Crackers and WG Cereals offered daily on main line and breakfast cart
 - 1% and fat-free milk offered daily
 - Fruits or 100% fruit juice are offered daily at meals
 - Students may have unlimited amounts of fruits at breakfast (excludes juice)
 - Fresh Fruits will be served at least two times per week at breakfast

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