

# Lunch Menus for Asheville City Elementary & Primary Schools January 2019

## Families Making the Connection




*Healthier Students, Healthier Schools, Healthier Communities*

In healthy schools, kids 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 and healthier communities.

The N.C. State Board of Education has demonstrated their commitment to student health and academic achievement by passing the *Healthy Active Children Policy* and the *Whole School, Whole Community, Whole Child Resolution*. Also, each school district has passed a local wellness policy. Families can take steps to support student wellness in school, at home and in the community:

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes representation 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 or shared.
- Use healthy non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Utilize non-food rewards.
- Eat and promote school meals.
- Help students be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

Go to [www.nchealthyschools.org](http://www.nchealthyschools.org) for more info.

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
			Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Mandarin Chicken w/ Asian Rice Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Spaghetti w/ Meat Sauce & Texas Toast Or Hot Ham & Cheese Sandwich, Roasted Broccoli Parmesan Garden Salad Fruit Cup, Milk	Baked Fried Chicken Or Baked Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Hamburger/ Cheeseburger Lettuce, Tomato, Pickles Or Gourmet Grilled Cheese Baked Beans, Tater Tots Baked Pears Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Spinach Salad Fresh Fruit Milk
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac & Texas Toast Or Deli Turkey & Cheese Seasoned Green Beans Caesar Salad Fruit Cup Milk	BBQ Chicken Or Pork Sandwich Sweet Hush Puppies, WG Creamy Coleslaw Sweet Potato Fries Baked Beans Apple Slices, Milk	Chicken & Waffles Or Hot Ham & Cheese Sandwich Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
		Salisbury Steak w/ Gravy Or Chef Salad WG Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Mandarin Chicken w/ Asian Rice Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Spaghetti w/ Meat Sauce & Texas Toast Or Hot Ham & Cheese Sandwich, Roasted Broccoli Parmesan Garden Salad Fruit Cup, Milk	Baked Fried Chicken Or Baked Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Hamburger/ Cheeseburger Lettuce, Tomato, Pickles Or Gourmet Grilled Cheese Baked Beans, Tater Tots Baked Pears Milk	

### Additional Menu Items:

- Yogurt & Cheese Sticks offered daily
- 1% and fat-free milk offered daily
- Students may have unlimited amounts of fruits and vegetables at lunch (excludes potatoes and juice)
- Local fruits and/or vegetables served weekly

## January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month

Menu is subject to change based on product availability



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>

# Lunch Menus for Asheville City Preschools January 2019

## Families Making the Connection




*Healthier Students, Healthier Schools, Healthier Communities*

In healthy schools, kids 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 and healthier communities.

The N.C. State Board of Education has demonstrated their commitment to student health and academic achievement by passing the *Healthy Active Children Policy* and the *Whole School, Whole Community, Whole Child Resolution*. Also, each school district has passed a local wellness policy. Families can take steps to support student wellness in school, at home and in the community:

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes representation 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 or shared.
- Use healthy non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Utilize non-food rewards.
- Eat and promote school meals.
- Help students 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
			Crispy Chicken Sandwich, WG Lettuce/Tomato/Pickle Waffle Fries, Milk Fruit: _____  Snack: Tortilla Chips w/ Salsa & Cheese Stick	Pizza Day! Cheese Pizza, WG Golden Corn Fresh Fruit Milk  Snack: Yogurt & Graham Crackers
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Mandarin Chicken w/ Asian Rice Green Peas Mandarin Oranges, Milk  Snack: Apple Slices, Pretzels, Milk	Spaghetti w/ Meat Sauce Texas Toast, WG Roasted Broccoli Parmesan Milk  Fruit: _____ Snack: Cheez Its & Milk	Baked Ham WG Roll Collard Greens Pineapple Tidbits Milk  Snack: Fresh Vegetable, Cheese Stick & Raisins	Hamburger/ Cheeseburger, WG Lettuce, Tomato, Pickles Tater Tots Baked Pears, Milk  Snack: Goldfish, Fresh Fruit	Pizza Day! Cheese Pizza, WG Spinach Salad Fresh Fruit Milk  Snack: Yogurt & Graham Crackers
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Pizza Dippers, WG Marinara Sauce Broccoli w/ Cheese Sauce Fresh Fruit Milk  Snack: Muffin, WG & Milk	Beef & Mac Texas Toast, WG Caesar Salad Milk  Fruit: _____ Snack: Popcorn & Milk	Pork Sandwich, WG Sweet Hush Puppies Baked Beans Apple Slices, Milk  Snack: Fresh Vegetable, Cheese Stick & Raisins	Chicken & Waffles, WG Sautéed Turnip Greens Milk  Fruit: _____ Snack: Tortilla Chips w/ Salsa & Cheese Stick	Pizza Day! Cheese Pizza, WG Baby Carrots w/ dip Fresh Fruit Milk  Snack: Yogurt & Graham Crackers
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
		Salisbury Steak w/ Gravy WG Roll Mashed Potatoes Apple Bake Milk  Snack: Fresh Vegetable, Cheese Stick & Raisins	Deli Turkey & Cheese, WG Romaine Salad Milk  Fruit: _____ Snack: Goldfish, Fresh Fruit	Pizza Day! Cheese Pizza, WG Golden Corn Fresh Fruit Milk  Snack: Yogurt & Graham Crackers
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	<div style="border: 2px solid purple; padding: 5px;"> <p><b>Additional Menu Items:</b></p> <ul style="list-style-type: none"> <li>▪ 1% and fat-free milk offered daily</li> <li>▪ Fresh and Local fruits and vegetables offered weekly</li> </ul> </div>
Mandarin Chicken w/ Asian Rice Green Peas Mandarin Oranges, Milk  Snack: Muffin, WG & Milk	Spaghetti w/ Meat Sauce Texas Toast, WG Roasted Broccoli Parmesan Milk  Fruit: _____ Snack: Popcorn & Milk	Baked Ham WG Roll Collard Greens Pineapple Tidbits Milk  Snack: Fresh Vegetable, Cheese Stick & Raisins	Hamburger/ Cheeseburger, WG Lettuce, Tomato, Pickles Tater Tots Baked Pears, Milk  Snack: Tortilla Chips w/ Salsa & Cheese Stick	

Menu is subject to change based on product availability

## January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month



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# Lunch Menus for Asheville Middle and Montford North Star 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.nchealthyschools.org](http://www.nchealthyschools.org).

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
			Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Pizza Day! Quesadilla Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Spaghetti w/ Meat Sauce Texas Toast Or Hot Ham & Cheese Sandwich, Roasted Broccoli Parmesan Garden Salad Fruit Cup, Milk	Baked Fried Chicken Or Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Hamburger/ Cheeseburger Or Gourmet Grilled Cheese Lettuce, Tomato, Pickles Baked Beans, Tater Tots Baked Pears, Milk	Pizza Day! Meatlovers' Pizza or Cheese Or Pepperoni Pizza Golden Corn Spinach Salad Fresh Fruit Milk
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac w/ Texas Toast Or Deli Turkey & Cheese Seasoned Green Beans Caesar Salad Fruit Cup Milk	BBQ Chicken Or Pork Sandwich Sweet Hush Puppies, WG Creamy Coleslaw Sweet Potato Fries Baked Beans Apple Slices, Milk	Chicken & Waffles Or Hot Ham & Cheese Sandwich Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Pizza Day! Chicken Buffalo Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
		Salisbury Steak Or Chef Salad Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Pizza Day! Quesadilla Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Spaghetti w/ Meat Sauce Texas Toast Or Hot Ham & Cheese Sandwich, Roasted Broccoli Parmesan Garden Salad Fruit Cup, Milk	Baked Fried Chicken Or Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Hamburger/ Cheeseburger Or Gourmet Grilled Cheese Lettuce, Tomato, Pickles Baked Beans, Tater Tots Baked Pears, Milk	

- Additional Menu Items:**
- Yogurt & Cheese Sticks offered daily
  - 1% and fat-free milk offered daily
  - Students may have unlimited amounts of fruits & vegetables at lunch (excludes potatoes)
  - Fresh & local fruits and vegetables will be served weekly
  - Cheese & Pepperoni Pizza offered daily at AMS

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# Lunch Menus for Asheville City High Schools January 2019

## Food Bytes

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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.

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	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	Happy New Year! No School		Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Chicken Quesadilla Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges Milk	Spaghetti w/ Meat Sauce & Texas Toast Or Deli Boxed Sandwich Roasted Broccoli Parmesan Romaine Salad Fruit Cup Milk	Baked Fried Chicken or Baked Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Double Cheeseburger Lettuce, Tomato, Pickles Or Gourmet Grilled Cheese Baked Beans, Tater Tots Baked Pears Milk	Meat Lovers Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Spinach Salad Fresh Fruit Milk
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac w/ Texas Toast Or Deli Boxed Sandwich Seasoned Green Beans Caesar Salad Fruit Cup Milk	BBQ Chicken Or Pork Sandwich Sweet Hush Puppies Creamy Coleslaw Baked Beans Sweet Potato Fries Apple Slices Milk	Chicken & Waffles Or Hot Ham & Cheese Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Chicken Buffalo Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
Happy Martin Luther King Jr. Day! No School		Salisbury Steak Or Chicken Tenders WG Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Chicken Quesadilla Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Baby Carrots w/ dip Fresh Fruit Milk
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges Milk	Spaghetti w/ Meat Sauce & Texas Toast Or Deli Boxed Sandwich Roasted Broccoli Parmesan Romaine Salad Fruit Cup Milk	Baked Fried Chicken or Baked Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Double Cheeseburger Lettuce, Tomato, Pickles Or Gourmet Grilled Cheese Baked Beans, Tater Tots Baked Pears Milk	

#### **Additional Menu Items:**

- Cheese and Pepperoni Pizza
- Students may have unlimited amounts of fruits & vegetables at lunch (excludes potatoes)
- Fresh & local fruits and vegetables will be served weekly
- Deli Boxes offered on Tuesday's!
- Yogurt & Cheese Sticks offered daily

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# After School Snack Program January 2019

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	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	 <b>Happy New Year! No School</b>		<b>Cheese Stick, Juice, 6 oz</b>	<b>Yogurt Graham Crackers</b>
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<b>Blueberry Muffin Milk</b>	<b>Popcorn Juice, 6 oz</b>	<b>Tortilla Chips w/ Salsa &amp; Cheese Stick</b>	<b>Fresh Vegetable Raisins, Juice, 6 oz</b>	<b>Cereal Milk</b>
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
<b>Fresh Apple Pretzels</b>	<b>Cheez Its Milk</b>	<b>Goldfish Fresh Fruit</b>	<b>Cheese Stick, Juice, 6 oz</b>	<b>Yogurt Graham Crackers</b>
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
 <b>Happy Martin Luther King Jr. Day! No School</b>		<b>Tortilla Chips w/ Salsa &amp; Cheese Stick</b>	<b>Fresh Vegetable Raisins, Juice, 6 oz</b>	<b>Cereal Milk</b>
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
<b>Fresh Apple Pretzels</b>	<b>Cheez Its Milk</b>	<b>Goldfish Fresh Fruit</b>	<b>Cheese Stick, Juice, 6 oz</b>	

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