

Food Bytes

Kids Eat Right

Did you know that August is *Kids Eat Right Month*? *Kids Eat Right Month* encourages kids and their families to eat healthy and be active. You can shop smart, cook healthy and eat right together with your family.

Shop Smart—You can help with planning menus and shopping for food.

Cook Healthy—Be a chef! You can help prepare healthy meals and snacks.

Eat Right—Sit down with your family to enjoy a tasty, healthy meal.


Get Moving—Be active every day for at least 60 minutes to build strong bones and muscles, promote a healthy weight, support learning and build self-esteem.

Build Healthy Habits—Be active every day. Fill half your plate with fruits and veggies, make half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and pick options lower in sodium, fat and sugar.

Kids Eat Right, from the Academy of Nutrition and Dietetics, offers recipes, tips and videos to help kids and their families eat healthy and be active.

Nutrilink: Visit www.kidseatright.org.

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

	Tuesday, August 1	Wednesday, August 2	Thursday, August 3	Friday, August 4
Monday, August 7	Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
				
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
CHICKEN FILLET W/W BUN	BAKED SPAGHETTI	FRIED CHICKEN W/W ROLL	PIZZA (PEPPERONI/CHEESE)	CHICKEN NUGGETS W/W ROLL
YELLOW CORN GREEN BEANS APPLESAUCE ORANGES	GREEN BEANS DICED TOMATOES ORANGES YOGURT (BERRY)	MASHED POTATOES YELLOW CORN DICED PEACHES ORANGES	ROMAINE SALAD MIX W/ RANCH DRESSING ORANGES FRESH FRUIT	FRESH CARROTS W/RANCH PINTO BEANS ORANGES APPLES
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	
FRIED CHICKEN W/W ROLL	CUBE STEAK W/ GRAVY W/W ROLL	TACO SALAD W/ NACHO CHEESE W/G TORTILLA CHIPS	PIZZA (PEPPERONI/CHEESE)	
GREEN BEANS YELLOW CORN ORANGES APPLES	MASHED POTATOES BROCCOLI & CHEESE PINEAPPLE TIDBITS FRESH FRUIT	YELLOW CORN SHREDDED LETTUCE ORANGES	ROMAINE SALAD MIX W/ RANCH DRESSING ORANGES FRESH FRUIT	
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	

August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 6-12)
- National Watermelon Day (August 3)

Source: www.kidseatright.org



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