

Families Making the Connection

Kids Eat Right

August is *Kids Eat Right Month*! *Kids Eat Right Month* encourages children and their families to eat healthy and be active. Families can shop smart, cook healthy and eat right together.

Shop Smart—Let your kids help with planning menus and shopping for food.

Cook Healthy—Involve your child in preparing meals and snacks.

Eat Right—Sit down together as a family to enjoy a tasty, healthy meal.

Get Moving—Be active together as a family. Kids should be active at least 60 minutes a day. Regular physical activity can strengthen bones and muscles, promote a healthy weight, support learning, develop social skills and build self-esteem.

Build Healthy Habits—Set a good example to help kids form healthy habits. Be active every day. Fill half your plate with fruits and veggies, make at least half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and choose options lower in sodium, fat and sugar.

We all want children to be fit, succeed in school and grow into healthy adults. For more info, visit www.kidseatright.org.

August

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

Source: www.kidseatright.org

The Point College Preparatory & Leadership Academy K-8th 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 APPLESAUCE	GREEN BEANS ORANGES	MASHED POTATOES DICED PEACHES	ROMAINE SALAD MIX (RANCH DRESSING) ORANGES	FRESH CARROTS W/RANCH ORANGES
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 ORANGES	MASHED POTATOES PINEAPPLE TIDBITS	SHREDDED LETTUCE YELLOW CORN ORANGES	ROMAINE SALAD MIX (RANCH DRESSING) ORANGES	
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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