

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.
8. Think about the food you have on hand before buying more.
9. Be active every day.
10. Ask a Registered Dietitian Nutritionist (RDN) for nutrition guidance.

Plan now to celebrate with your family, at your school, and in your community:

- Work with a RDN, chef or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote NNM.
- Promote NNM at school with posters, stickers, PA announcements, a recipe contest and educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

Nutrilink: Find a RDN, nutrition tips and NNM info at www.eatright.org.

Menus for February 2020

Inland Leaders Charter Schools

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
Chicken Nuggets Pineapple/Apple Sweet Potato Fries Green Beans Milk Crouton	Taco Bar Orange/Grapes Milk Pinto Beans Broccoli Crouton	Sloppy Joes Potato Wedge Fries Banana/Strawberries Milk Croutons	Chicken Broccoli Bowl Apple/Grapes Roll Milk	French Bread Pizza Banana/Pineapple Milk Broccoli Pinto beans
Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit Veggie Bar	Fresh Fruit/Veggie Bar
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
NO SCHOOL	Taco Nada Banana/Grapes Milk Pinto Beans Broccoli Peas	Three Bean Chili Pears/Apples Milk Peas Roll Croutons	Lasagna Green Beans Pineapple Banana Roll Milk	Calzone Pepperoni Pizza Banana/Pineapple Milk Broccoli Garbanzo beans
	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit Veggie Bar	Fresh Fruit/Veggie Bar
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
NO SCHOOL	Totally Taco Banana/Grapes Milk Pinto Beans Broccoli	Chicken Cheese Burrito Apples/Banana Broccoli Milk	Pulled Pork Wedge Potato Fries Pineapple/Apple Green Beans Milk Crouton	Turkey/Beef Pep Pizza Banana/Pineapple Milk Broccoli Pinto beans
	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
Chicken Broccoli Bowl Apple/Grapes Roll Milk	Taco Bar Orange/Grapes Milk Pinto Beans Broccoli Crouton	Spaghetti with Meat Sauce or Marinara Green Beans Peaches/ Banana Roll Milk	Three Bean Chili Pears/Apples Milk Peas Roll Croutons	Pita Pizza Apple/Pineapple Milk Peas Diced Chicken Garbanzo beans
Fresh Fruit Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar
				

February

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