

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.

Menus for January 2019

Elizabeth City Pasquotank Public Schools

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	Holiday	Manager's Choice	Manager's Choice	Corn Dog Nuggets w/Dip Mashed Potatoes. Blackeye Peas, Bread Sticks,
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Pizza / Garden Salad, Beans/ Baby Carrots, Fresh Orange or Juice or Select Fruit / Milk	Manager's Choice	Turkey Vegetable Soup with Grilled Cheese or PB&J Sandwich w Crackers, Baby Carrots, Broccoli, Fresh fruit or Select Fruit or Juice /	Manager's Choice	Hot dog on Bun, Chili, Baby Carrots, Fries, baked beans, fresh banana, fruit juice, milk
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Cheese burger on Bun, Fries, Lettuce & Pickle Chips, Baked Beans, Baby Carrots / Fresh Oranges or Select Fruit or Juice / Milk	Chicken Nuggets w Dip, Mash Potatoes, Rolls, Green Peas, Fresh Orange or Juice or Mixed Fruit,	Turkey Roast & Cheese on Bun, Fries, Baby Carrots, Garden Salad, Fresh Orange or Juice or Mixed Fruit, Milk	Manager's Choice	Chicken Noddle Soup, PB & J or Grilled Cheese Sandwich, Spinach, Chips, Fresh Fruit, Juice/ Pineapple
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
Holiday	Pizza Sticks w Dip Romaine Garden Salad Green Beans, Baby carrots, Fresh Orange or Juice or Peach Slices / Milk	Chicken Alfredo, Diner Bread Stick, Green Peas, Corn, Fresh Apple slices, Juice or Select Fruit / Milk	##Sunday Dinner!!!! , Salisbury Steak w Gravy, Rice, Candied Yams, Collard Greens, Rolls, Fresh Fruit or Select Fruit or Juice /	Corn Dog Nuggets w/Dip Mashed Potatoes. Blackeye Peas, Bread Sticks, Fresh Apple, Juice or Fruit, Milk
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Pizza / Garden Salad, Beans/ Baby Carrots, Fresh Orange or Juice or Select Fruit / Milk	Manager's Choice	Turkey Vegetable Soup with Grilled Cheese or PB&J Sandwich w Crackers, Baby Carrots, Broccoli, Fresh fruit or Select Fruit or Juice /	Taco Salad with Lettuce, Cheese, Salsa, Taco Chips & Corn, Beans, Broccoli, Fresh Apple slices or Juice or Diced Pears / Milk	

*Menu may change without Notice due to product availability
** VEGETABLES AND BEANS MAY BE SEASONED WITH PORK BASE

January

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