

## Families Making the Connection

### Smart Snacks in School

The Healthy, Hunger-Free Kids Act required the U.S. Department of Agriculture to create nutrition standards for all foods sold in school (school meals and all other foods and beverages) to students. The standards allow schools to offer healthier snacks, while limiting junk food. Smart snacks focus on fruit, vegetables, whole grains, dairy and protein foods and limit calories, fat, sugar and salt.

In North Carolina, State Board of Education policy (TCS-S-000) prohibits the sale of competitive foods to students from 12:01 am until after the cafeteria closes for the day. Competitive foods are foods sold in competition with the school breakfast or lunch program. If available, students may choose to purchase these competitive snack/beverage options instead of a school meal. School meals are a healthy, convenient choice for students. Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains and low fat or fat free milk and less sodium and fat in right-size portions for students.

*Smart Snacks in School* support the efforts of school nutrition professionals, school administrators, teachers, families and the school community who are working to help children build healthy habits for a lifetime.

For more about school meals and snacks:  
<http://childnutrition.ncpublicschools.gov>.

# Menus for December 2015

[Insert name of Local Education Agency] Elementary Schools

	Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
				
Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	

## December

- Pear Month
- Handwashing Week (1st week in December)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>