

HS Bistro Boxes & Spotlight Salads

American Heart Month

Lower your risk of heart disease by eating a healthy diet that includes fruits, vegetables, fiber-rich whole grains and lowfat dairy. @American_Heart #HeartMonth <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics>

Lactose Intolerance Awareness Month

#LactoseIntolerance doesn't have to mean #dairy avoidance. Try these tips to keep enjoying milk, yogurt, and cheese. #RealDairyRealDelicious <https://thedairyalliance.com/dairy-nutrition/lactose-intolerance/>

National Sweet Potato Month

NC is the #1 producer of sweet potatoes in the US. Today more than 40% of the national supply of sweet potatoes comes from NC. According to the USDA, North Carolina harvested nearly 95,000 acres of sweet potatoes in 2016. <https://lee.ces.ncsu.edu/2017/12/north-carolina-sweet-potatoes/>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BISTRO BOXES</u> Egg Bento Box Veggie Wrap	<u>BISTRO BOXES</u> Fiesta Bento Box Grilled Chicken Caesar Wrap	<u>BISTRO BOXES</u> Charcuterie Bento Box Deli Turkey Wrap	<u>BISTRO BOXES</u> Pizza Bento Box Grilled Chicken Wrap	<u>BISTRO BOXES</u> Egg Bento Box Ham & Cheese Sub
<u>SPOTLIGHT</u> Grilled Chicken Salad	<u>SPOTLIGHT</u> Fiesta Chicken Salad	<u>SPOTLIGHT</u> Large Garden Salad	<u>SPOTLIGHT</u> Manager's Choice	<u>SPOTLIGHT</u> Grilled Chicken Caesar Salad
<u>PARFAIT</u> Fruit Parfait	<u>PARFAIT</u> Fruit Parfait	<u>PARFAIT</u> Fruit Parfait	<u>PARFAIT</u> Fruit Parfait	<u>PARFAIT</u> Fruit Parfait
<u>VEGGIES</u> Same as Quick Bites	<u>VEGGIES</u> Same as Quick Bites	<u>VEGGIES</u> Same as Quick Bites	<u>VEGGIES</u> Same as Quick Bites	<u>VEGGIES</u> Same as Quick Bites
<u>FRUIT</u> Same as Main Line	<u>FRUIT</u> Same as Main Line	<u>FRUIT</u> Same as Main Line	<u>FRUIT</u> Same as Main Line	<u>FRUIT</u> Same as Main Line