

Families Making the Connection

♥ School Breakfast

March 5-9 is National School Breakfast Week (NSBW). NSBW reminds students, families, and school staff that a school breakfast provides a nutritious, energizing start to the day. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a federally funded school nutrition program available to all schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.

NSBW raises awareness of the availability of school breakfast to all children and promotes the links between eating a good breakfast, academic achievement and healthy lifestyles. For NSBW info, visit www.schoolnutrition.org. For more info on school breakfast in N.C., visit <http://childnutrition.ncpublicschools.gov>.

Menu de desayuno para marzo 2018

NHCS Escuela Primaria y CRA-MPLC

			Thursday, March 1	Friday, March 2
<p>Una variedad de leche se sirve todos los días. Cereales, barras de cereales, pop tarta y magdalenas están disponibles todos los días.</p>			<p>Desayuno: \$1.35 Adultos: A la carte</p> <p><i>Pre-K Entrée</i> <i>*Todas las otras escuelas se las dos opciones</i></p> <p><i>Palo de salchicha de crepe</i> o Variedad de cereales <i>Fruta fresca</i> Jugo <i>Leche</i></p>	<p>Sémola con queso y tocino o <i>Variedad de cereales</i> <i>Salsa manzana</i> Jugo <i>Leche</i></p>
Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9
<p><i>Mini crepes</i> o Variedad de cereales <i>Refrigerados melocotónes</i> Jugo <i>Leche</i></p>	<p><i>Pizza de desayuno</i> o Variedad de cereales <i>Fruta fresca</i> Jugo <i>Leche</i></p>	<p><i>Yogurt con elección de cereales, barras de cereales, pop tarta y magdalenas</i> o Variedad de cereales <i>Mezclas de frutas</i> Jugo <i>Leche</i></p>	<p><i>Galleta de pollo</i> o Variedad de cereales <i>Fruta fresca</i> Jugo <i>Leche</i></p>	<p>Galleta de la salchicha y queso o <i>Variedad de cereales</i> <i>Refrigeradas peras</i> Jugo <i>Leche</i></p>
Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
<p><i>Mini crepes</i> o Variedad de cereales <i>Refrigeradas peras</i> Jugo <i>Leche</i></p>	<p><i>Pizza de desayuno</i> o Variedad de cereales <i>Fruta fresca</i> Jugo <i>Leche</i></p>	<p><i>Mini waffles</i> o Variedad de cereales <i>Refrigerados melocotónes</i> Jugo <i>Leche</i></p>	<p><i>Palo de salchicha de crepe</i> o Variedad de cereales <i>Fruta fresca</i> Jugo <i>Leche</i></p>	<p>Sémola con huevos revueltos y tocino o <i>Variedad de cereales</i> <i>Salsa de manzana</i> Jugo <i>Leche</i></p>
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
<p><i>Mini crepes</i> o Variedad de cereales <i>Salsa manzana</i> Jugo <i>Leche</i></p>	<p><i>Pizza de desayuno</i> o Variedad de cereales <i>Fruta fresca</i> Jugo <i>Leche</i></p>	<p><i>Parfait de yogur</i> o Variedad de cereales <i>Mezclas de frutas</i> Jugo <i>Leche</i></p>	<p><i>Galleta de pollo</i> o Variedad de cereales <i>Fruta fresca</i> Jugo <i>Leche</i></p>	<p>Galleta de tocino, huevo y queso o <i>Variedad de cereales</i> <i>Refrigeradas peras</i> Jugo <i>Leche</i></p>
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30
 <p><i>Vacaciones de Primavera</i></p>				

March

- National Nutrition Month
- National Agriculture Day (March 20)
- National School Breakfast Week (March 5-9)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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Menú está sujeto a cambio según disponibilidad