

Breakfast Menu for March 2018

NHCS Middle & High Schools

Food Bytes

♥ School Breakfast

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...




- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. 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. All students can participate.

March 5-9 is National School Breakfast Week (NSBW). The #NSBW2018 theme is "I ♥ School Breakfast". It encourages everyone to share how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

Nutrilink: For NSBW info and resources, visit www.schoolnutrition.org. For more info on school breakfast in our state, visit <http://childnutrition.ncpublicschools.gov>.

				Thursday, March 1	Friday, March 2	
		A variety of cereal, cereal bars, pop tarts, yogurt and muffins will be served daily		Breakfast: \$1.35 Adults: A la carte Milk: \$.60	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice Milk	Cheese Grits w/ Bacon or Egg & Cheese Biscuit Applesauce Juice Milk
Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9		
Mini Pancakes or Breakfast Burrito Potato Rounds Diced Peaches Juice Milk	Breakfast Pizza or Mini Waffles Fresh Fruit Juice Milk	Turkey Ham & Cheese Slider or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Sausage & Cheese Biscuit Or Grits w/ Scrambled Eggs & Bacon Diced Pears Juice Milk		
Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16		
Chicken Biscuit or Mini Pancakes Diced Pears Juice Milk	Breakfast Pizza or Smoothie Fresh Fruit Juice Milk	Mini Waffles or Chicken Biscuit Diced Peaches Juice Milk	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice Milk	Cheese Grits w/ Sausage or Bacon, Egg & Cheese Biscuit Applesauce Juice Milk		
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23		
Mini Pancakes or Breakfast Burrito Potato Rounds Applesauce Juice Milk	Breakfast Pizza or Mini French Toast Fresh Fruit Juice Milk	Peach Yogurt Parfait or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Bacon & Cheese Biscuit or Grits w/ Scrambled Eggs & Sausage Diced Pears Juice Milk		
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30		
		<h1>Spring Break</h1>				

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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Menu subject to change depending upon availability

A variety of unflavored and flavored skim and 1% unflavored milks are served daily.