

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>.

Lunch Menu for March 2018

			Thursday, March 1	Friday, March 2	
 <p>A variety of unflavored and flavored skim and 1% unflavored milks are served daily.</p>				Nachos Grande Black Beans (1/2 C) Veggie Cup (1/2 C) Fresh Fruit (1 ea) Milk	Cheesy Breadsticks Corn (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk
Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9	
Lasagna Broccoli w/ Cheese (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk	Chicken Tenders Red Skinned Mashed Potatoes (1/2 C) California Vegetables (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Glazed Carrots (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Cheeseburger Great Northern Beans (1/2 C) Tater tots (1/2 C) Fresh Fruit (1 ea) Milk	Corn Dog Nuggets NC Sweet Potato (1 ea) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk	
Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16	
Popcorn Chicken Sweet Potato Waffle Fries (1/2 C) Garden Salad (1/2 C) Diced Peaches (1/2 C) Milk	Beef Taco w/ Spanish Rice Pinto Beans (1/2 C) Veggie Cup (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Sweet Peas (1/2 C) Garden Salad (1/2 C) Mandarin Oranges (1/2 C) Milk	Nachos Grande Carrot Sticks (1/2 C) Green Beans (1/2 C) Fresh Fruit (1 ea) Milk	Hot Dog w/ Chili Baked Beans (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk	
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23	
Chicken Nuggets Baked Potato (1 ea) Garden Salad (1/2 C) Diced Peaches (1/2 C) Milk	Chicken Tenders Veggie Sticks (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Broccoli (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Cheeseburger French Fries (1/2 C) Glazed Carrots (1/2 C) Fresh Fruit (1 ea) Milk	Beef-a-roni w/ Breadstick Black Eyed Peas (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk	
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30	
		<h1>Spring Break</h1>			

Menu subject to change depending upon availability

March

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