

Gluten Free Lunch Menu for March 2018

NHCS

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>.

A diet order is required for the gluten free menu. Please notify your kitchen manager if you require a gluten free option on the morning of so we can prepare this option for you. Thank you!

			Thursday, March 1	Friday, March 2
			Nachos Grande Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk
Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9
Beef Taco Meat w/ Tortilla Chips and Spanish Rice (Middle) Roast Chicken w/ Rice (Elem) Fruit and Vegetable of the Day Milk	Salisbury Steak w/ Rice Fruit and Vegetable of the Day Milk	Pork BBQ w/ Rice (Middle) Grilled Chicken w/ Tortilla Chips (Elem) Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk	Cheese Cubes & Yogurt w/ Tortilla Chips Fruit and Vegetable of the Day Milk
Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
Meatballs w/ Rice Fruit and Vegetable of the Day Milk	Beef Taco Meat w/ Tortilla Chips and Spanish Rice Fruit and Vegetable of the Day Milk	Roasted Chicken w/ Rice Fruit and Vegetable of the Day Milk	Nachos Grande Fruit and Vegetable of the Day Milk	Hot Dog w/ Rice Fruit and Vegetable of the Day Milk
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
Pork BBQ w/ Rice Fruit and Vegetable of the Day Milk	Meatballs w/ Rice Fruit and Vegetable of the Day Milk	Grilled Chicken w/ Tortilla Chips Fruit and Vegetable of the Day Milk	Hamburger w/ Rice Fruit and Vegetable of the Day Milk	Cheese Cubes & Yogurt w/ Tortilla Chips Fruit and Vegetable of the Day 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.
USDA is an equal opportunity provider and employer. 11/17
<http://childnutrition.ncpublicschools.gov>

USDA is an equal opportunity provider and employer.

Menu subject to change depending upon availability

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