

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

New Hanover County Schools Pre-K

			Thursday, March 1	Friday, March 2
		A variety of unflavored skim and 1% milks are served daily.	Nachos Grande Black Beans (1/2 C) Fresh Fruit (1 ea) Milk	Cheesy Breadsticks Corn (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) Diced Peaches (1/2 C) Milk	Chicken Tenders Red Skinned Mashed Potatoes (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Garden Salad (1 C) Diced Pears (1/2 C) Milk	Cheeseburger Tater tots (1/2 C) Fresh Fruit (1 ea) Milk	Corn Dog Nuggets NC Sweet Potato (1 ea) 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) Diced Peaches (1/2 C) Milk	Beef Taco w/ Spanish Rice Pinto Beans (1/2 C) Fresh Fruit (1 ea) Milk	French Bread Pizza Sweet Peas (1/2 C) Mandarin Oranges (1/2 C) Milk	Nachos Grande Carrot Sticks (1/2 C) Fresh Fruit (1 ea) Milk	Hot Dog w/ Chili Baked Beans (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 Chunks Garden Salad (1 C) Diced Peaches (1/2 C) Milk	Chicken Tenders Veggie Sticks (1/2 C) Fresh Fruit (1 ea) Milk	Stuffed Crust Pizza Broccoli (1/2 C) Diced Pears (1/2 C) Milk	Cheeseburger French Fries (1/2 C) Fresh Fruit (1 ea) Milk	Beef-a-roni w/ Breadstick Garden Salad (1 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>			

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