

After School Snack Menu for March 2018

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>.

Each snack must meet 2 of the 4 listed:
 -Milk 8 oz
 -Meat or Meat Alternate 1 oz
 -3/4 Cup Fruit or Vegetable (juice must be 100%)
 -Grains/bread 1 serving
 All snacks meet Nutrition Standards of North Carolina
All snacks must be served as a unit



		Thursday, March 1		Friday, March 2
		Pretzels 100% Juice		PB&J Uncrustable
Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9
Despicable Me Grahams 100% Juice	Cheddar Goldfish 100% Juice	Cereal Bar Fresh Apple	Sunchips Snack Mix 100% Juice	Pretzels Fresh Apple
Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
Munchie Snack Mix 100% Juice	Cheez-Its 100% Juice	Blueberry Muffin Fresh Apple	Pretzels 100% Juice	PB&J Uncrustable
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
Despicable Me Grahams 100% Juice	Cheddar Goldfish 100% Juice	Cereal Bar Fresh Apple	Sunchips Snack Mix 100% Juice	Pretzels Fresh Apple
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)