

Families Making the Connection

Breakfast Starts Your Engine

March 4-8 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 school nutrition program available to all public schools. All children can participate. Most 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 students and promotes the links between eating a good breakfast, academic achievement and healthy lifestyles. For NSBW info, visit www.schoolnutrition.org.
All Menus are subject to change.
Milk Variety Offered Daily.

Meal Prices :

Students PreK-5th \$1.50
 Students 6th-12th \$1.50
 Adults: \$1.75

Menus for March 2019

Wink-Loving ISD Breakfast Menu Pre-K thru 12th Grade

				Friday, March 1
				Cinnamon Roll w/ Sausage Cereal w/ Toast Breakfast Round w/ Yogurt Muffin w/ Yogurt Fruit 100% Fruit Juice
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
Pancakes w/ Bacon Cereal w/ Toast Breakfast Round w/ Yogurt Muffin w/ Yogurt Fruit 100% Fruit Juice	Sunrise Sandwich (Bagel, Egg, Ham, Cheese) Cereal Bar W/ Yogurt Breakfast Strudel w/ Cheese Stick PBJ Sandwich Fruit 100% Fruit Juice	French Toast w/ Sausage Cereal w/ Toast Muffin w/ Yogurt Fruit 100% Fruit Juice (Breakfast with Parents)	Oatmeal w/ Cinnamon Toast Cereal Bar w/ Yogurt Breakfast Crackers w/ Cheese Stick PBJ Sandwich Fruit 100% Fruit Juice	Spring Break
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
Pancakes w/ Sausage Cereal w/ Toast Breakfast Round w/ Yogurt Muffin w/ Yogurt Fruit 100% Fruit Juice	Breakfast Burrito w/ Hashbrown Cereal Bar W/ Yogurt Breakfast Strudel w/ Cheese Stick PBJ Sandwich Fruit 100% Fruit Juice	Biscuit w/ gravy, Scrambled Eggs & Bacon Cereal w/ Toast Muffin w/ Yogurt Fruit 100% Fruit Juice	Sausage Kolache Cereal Bar w/ Yogurt Breakfast Crackers w/ Cheese Stick PBJ Sandwich Fruit 100% Fruit Juice	Breakfast Sandwich (Egg, Sausage, Cheese) Cereal w/ Toast Breakfast Round w/ Yogurt Muffin w/ Yogurt Fruit 100% Fruit Juice
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
Waffles w/ Bacon Cereal w/ Toast Breakfast Round w/ Yogurt Muffin w/ Yogurt Fruit 100% Fruit Juice	Cinnamon Roll w/ Sausage Cereal Bar W/ Yogurt Breakfast Strudel w/ Cheese Stick PBJ Sandwich Fruit 100% Fruit Juice	Breakfast Pizza Cereal w/ Toast Muffin w/ Yogurt Fruit 100% Fruit Juice	Breakfast Taquito Cereal Bar w/ Yogurt Breakfast Crackers w/ Cheese Stick PBJ Sandwich Fruit 100% Fruit Juice	Biscuit w/ Gravy & Scrambled Eggs Cereal w/ Toast Breakfast Round w/ Yogurt Muffin w/ Yogurt Fruit 100% Fruit Juice

March

- National Nutrition Month
- National Agriculture Day (March 19)
- National School Breakfast Week (March 4-8)