

Food Bytes

School Breakfast Starts Your Engines

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?




Try school breakfast. 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. All students can participate.

March 4-8 is National School Breakfast Week (NSBW). The #NSBW2019 theme is "School Breakfast—Start Your Engines". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

Nutrilink: For NSBW info and resources, visit www.schoolnutrition.org. For more info on school breakfast in our state, visit <http://childnutrition.ncpublicschools.gov>.

Menus for March 2019

MHS Breakfast Menu

			Friday, March 1	
			Milk Moo-Ver A VARIETY OF MILK IS OFFERED DAILY	
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
SAUSAGE BISCUIT or Waffle Wheelz MINI BERRY WAFFLE, APPLESAUCE, ORANGE JUICE	CHICKEN BISCUIT, or CEREAL (COCO PUFF) & TOAST, MIXED FRUIT, APPLE JUICE	HAM BISCUIT or Cyclone CEREAL CEREAL (TRIX) & TOAST, APPLESAUCE, ORANGE JUICE	EGG Scrambler BACON, EGG & CHEESE BISCUIT or CEREAL (CINN. TOAST) & TOAST, PEARS, APPLE JUICE	CHICKEN BISCUIT Or BREAKFAST PIZZA, PEARS, GRAPE JUICE
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
CHICKEN BISCUIT or BREAKFAST PIZZA, PEARS, GRAPE JUICE	HAM BISCUIT Or CEREAL (MARSHMALLOW MATEYS), MIXED FRUIT, ORANGE JUICE	BISCUIT, SAUSAGE GRAVY OR PANCAKE & SAUSAGE ON A STICK, PEACHES, APPLE JUICE	BACON, EGG & CHEESE BISCUIT or CEREAL (COCO PUFF) & TOAST, APPLESAUCE, ORANGE JUICE	SAUSAGE BISCUIT Or CEREAL (TRIX) & TOAST, PEARS, GRAPE JUICE
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
BISCUIT, SAUSAGE GRAVY OR MINI MAPLE FRENCH TOAST, PEACHES, GRAPE JUICE	HAM BISCUIT Or CEREAL (CINN. TOAST) & TOAST, PEARS, APPLE JUICE	BACON, EGG & CHEESE BISCUIT or CEREAL (COCO PUFF) & TOAST, APPLESAUCE, ORANGE JUICE	CHICKEN BISCUIT or BAGEL & CREAM CHEESE BAR w/ cinnamon spread, PEARS, GRAPE JUICE	SAUSAGE BISCUIT Or CEREAL (TRIX) & TOAST, MIXED FRUIT, APPLE JUICE
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
Annual Leave	Annual Leave	Annual Leave	Annual Leave	Annual Leave

March

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



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