

## 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](http://www.schoolnutrition.org). For more info on school breakfast in our state, visit <http://childnutrition.ncpublicschools.gov>.

## Menus for March 2019

MHS & MAI Lunch Menu

				Friday, March 1
	<b>Other Options</b> Variety of Boxed Salads Variety of Special Pizzas Taco Bar Sub Bar Asian Bowl		<b>A VARIETY OF MILK IS OFFERED DAILY</b>	
<b>Monday, March 4</b>	<b>Tuesday, March 5</b>	<b>Wednesday, March 6</b>	<b>Thursday, March 7</b>	<b>Friday, March 8</b>
Cheese Pizza, Corn, Tossed Salad, Mixed Fruit, Pears Or Salisbury Steak, Roll, Green Peas, Creamed Potatoes, Mixed Fruit, Pears	Sloppy Joe/Sp. Spicy Chicken Sandwich, Baby Carrots, Slaw, Pickles, Broccoli & Cheese, Pineapple, Baked Apples Or Orange Glazed Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple, Baked Apples	Cheese Burger, Lettuce, Tomato, Sweet Potato Puffs, Bean Salad, Peaches, Pears Or Chicken Fajitas, Salsa, Black Beans, Shredded Lettuce, Diced Tomato, Peaches, Pears	Chicken Sandwich, Spinach, Tomato, Waffle Sweet Potato Fries, Peaches, Mixed Fruit Or Lasagna, Garlic Roll, Mixed Vegetables, Tossed Salad, Peaches, Mixed Fruit	Chicken Sandwich, Spinach, Tomato, Waffle Sweet Fries, Bean Salad, Peaches, Applesauce Or Sausage, Eggs, Gravy, Biscuits, Sliced Tomatoes, Sweet Potato Puffs, Applesauce, Peaches
<b>Monday, March 11</b>	<b>Tuesday, March 12</b>	<b>Wednesday, March 13</b>	<b>Thursday, March 14</b>	<b>Friday, March 15</b>
Cheese Burger/Sp. Chicken Sandwich, Lettuce, Tomato, Pickles, Waffle Fries, Peaches, Mixed Fruit Or Chicken Nuggets, Roll, Slaw, Peas & Carrots, Creamed Potatoes, Peaches, Mixed Fruit	Hot Dog w/chili/Sp. DBL Cheese Burger, Slaw, Onions, Waffle Sweet Potato Fries, Applesauce, Pears Or Sausage, Eggs, Gravy, Biscuits, Sliced Tomatoes, Sweet Potato Puffs, Applesauce, Pears	Pepperoni Pizza, Green Beans, Caesar Salad, Baby Carrots, Peaches, Apple Crisp Or Ham w/Macaroni & Cheese, Roll, Slaw, Pinto Beans, Sweet Potatoes, Peaches, Apple Crisp	Chicken Sandwich, Spinach, Tomato, Broccoli & Cheese, Peaches, Mixed Fruit Or Spaghetti, Garlic Roll, Caesar Salad, Roasted Broccoli, Peaches, Mixed Fruit	BBQ Sandwich /Sp. Chicken Tenders, Roll, Slaw, Pickles, Tater Tots, Baked Beans, Peaches, Mixed Fruit Or Chili Beans, Crackers, Tater Tots, Slaw, Peaches, Mixed Fruit
<b>Monday, March 18</b>	<b>Tuesday, March 19</b>	<b>Wednesday, March 20</b>	<b>Thursday, March 21</b>	<b>Friday, March 22</b>
Cheese Burger/Sp. Chicken Sand., Slaw, Onions, Sweet Potato Puffs, Bean Salad, Mixed Fruit, Pears Or Meatloaf, Roll, Creamed Potatoes, Mixed Vegetables, Slaw, Mixed Fruit, Pears	Meatball Sub /Sp. Chicken Tenders, Roll, Tater Tots, Caesar Salad, Peaches, Baked Apples Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, Baked Apples, Peaches	Deli Turkey & Cheese Sandwich/ Sp. DBL Cheese Burger, Baby Carrots, Lettuce, Tomato, Sweet Potato Waffle Fries, Apple Crisp, Mixed Fruit Or Chicken Wrap, Shredded Lettuce, Sliced Tomato, Fresh Baby Carrots, Apple Crisp, Mixed Fruit	Chicken Sandwich, Spinach, Tomato, Pickles, Broccoli & Cheese, Peaches, Applesauce Or Beef-a-roni, Garlic Roll, Tossed Salad, Broccoli & Cheese, Peaches, Applesauce	Cheese Pizza/Sp. Spicy Chicken Sandwich, Corn, Tossed Salad, Pickles, Applesauce, Pears Or Fish, Roll, Corn, Slaw, Black-Eyed Peas, Applesauce, Pears
<b>Monday, March 25</b>	<b>Tuesday, March 26</b>	<b>Wednesday, March 27</b>	<b>Thursday, March 28</b>	<b>Friday, March 29</b>
<b>Annual Leave</b>	<b>Annual Leave</b>	<b>Annual Leave</b>	<b>Annual Leave</b>	<b>Annual Leave</b>

## March

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



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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