

## 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

### Early College Lunch Menu

|   |   |  |   | Friday, March 1  |
|---|---|--|---|--|
|                          | #NSBW2019   |   | <b>A VARIETY OF MILK IS OFFERED DAILY</b>   |  |
| Monday, March 4   | Tuesday, March 5  | Wednesday, March 6   | Thursday, March 7   | Friday, March 8  |
| Cheese Pizza<br>Or<br>Salisbury Steak, Roll,<br>Green Peas,<br>Creamed Potatoes,<br>Mixed Fruit, Pears    | Sloppy Joe<br>Or<br>Orange Chicken,<br>Rice, Steamed Broccoli,<br>Glazed Carrots,<br>Baked Apples,<br>Pineapple                 | Cheese Burger<br>Or<br>Chicken Fajitas,<br>Black Beans,<br>Shredded Lettuce,<br>Diced Tomato, Salsa<br>Pears, Peaches                      | Chicken Sandwich<br>Or<br>Lasagna, Garlic Roll,<br>Waffle Sweet<br>Potato Fries,<br>Tossed Salad,<br>Peaches, Mixed Fruit | Chicken Sandwich<br>Or<br>Taco w/Cheese,<br>Salsa, Black Beans,<br>Shredded Lettuce,<br>Diced Tomatoes,<br>Applesauce, Peaches |
| Monday, March 11  | Tuesday, March 12   | Wednesday, March 13  | Thursday, March 14  | Friday, March 15   |
| Cheese Burger<br>Or<br>Chicken Nuggets,<br>Roll, Slaw,<br>Waffle Fries,<br>Peaches, Mixed Fruit           | Hot Dog w/Chili Or Beef<br>Taco w/Cheese,<br>Salsa, Refried Beans,<br>Shredded Lettuce,<br>Diced Tomatoes,<br>Applesauce, Pears | Pepperoni Pizza<br>Or<br>Ham w/Macaroni &<br>Cheese, Roll, Green<br>Beans, Sweet Potatoes,<br>Baked Apples, Peaches                        | Chicken Sandwich<br>Or<br>Spaghetti, Garlic Roll,<br>Tossed Salad,<br>Roasted Broccoli,<br>Pears, Mixed Fruit             | Vegetable Beef Soup w/<br>Grilled Cheese,<br>Or<br>Chicken Pie, Green<br>Beans, Corn,<br>Applesauce, Mixed Fruit               |
| Monday, March 18  | Tuesday, March 19   | Wednesday, March 20  | Thursday, March 21  | Friday, March 22   |
| Cheese Burger<br>Or<br>Meatloaf, Roll, Cream<br>Potatoes, Slaw,<br>Mixed Vegetables,<br>Pear, Mixed Fruit | Meatball Sub<br>Or<br>Chicken Alfredo, Garlic<br>Roll, California Vegeta-<br>bles, Caesar Salad,<br>Baked Apples, Peaches       | Turkey & Cheese<br>Sandwich<br>Or Chicken Wrap,<br>Shredded Lettuce,<br>Half Sliced Tomatoes,<br>Baby Carrots,<br>Mixed Fruit, Apple Crisp | Chicken Sandwich<br>Or Beef-a-roni,<br>Garlic Roll,<br>Tossed Salad,<br>Broccoli & Cheese,<br>Peaches, Applesauce         | BBQ Sandwich<br>Or<br>Chili Beans,<br>Crackers, Pickles, Slaw,<br>Tater Tots,<br>Mixed Fruit, Peaches                          |
| Monday, March 25  | Tuesday, March 26   | Wednesday, March 27  | Thursday, March 28  | Friday, March 29   |
| <b>Annual Leave</b>   | <b>Annual Leave</b>   | <b>Annual Leave</b>  | <b>Annual Leave</b>   | Annual Leave<br><b>Middle School<br/>Other Options</b><br>Variety of Boxed Salads<br>Variety of Special<br>Pizzas<br>Nacho Bar |

## 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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