

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.



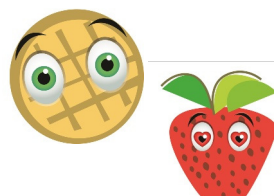
School breakfast is a school nutrition program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. Every school breakfast served meets federal nutrition 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 students 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>.

Menus for March 2019

Pre-K, Head Start & Wee Titan Lunch Menu

				Friday, March 1	
					Unflavored MILK IS OFFERED DAILY *WG *Taco w/Cheese, Salsa, Black Beans, Applesauce
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8	
Salisbury Steak, *Roll, Creamed Potatoes, Pears	*Sloppy Joe, Glazed Carrots, Baked Apples	*Cheese Burger, Shredded Lettuce, Diced Tomato, Pears	Lasagna, *Garlic Roll, Waffle Sweet Potato Fries, Peaches	Vegetable Beef Soup w/ *Grilled Cheese, Corn, Applesauce	
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15	
Chicken Nuggets, *Roll, Waffle Fries, Peaches	*Taco w/Cheese, Shredded Lettuce, Diced Tomatoes, Applesauce	Ham w/Macaroni & Cheese, *Roll, Green Beans, Baked Apples	Spaghetti, *Garlic Roll, Roasted Broccoli, Pears	*BBQ Sandwich, Slaw, Peaches	
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22	
Meatloaf, *Roll, Cream Potatoes, Pears	Chicken Alfredo, *Garlic Roll, California Vegetables, Baked Apples	*Turkey & Cheese Sandwich, Glazed Carrots, Pears	Beef-a-roni, *Garlic Roll, Broccoli & Cheese, Peaches	Fish, *Roll, Black-Eyed Peas, Applesauce	
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)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>