



START YOUR ENGINES! 

NATIONAL SCHOOL BREAKFAST (NSB) MONTH - MARCH SAN GABRIEL HIGH SCHOOL

JOIN US FOR NSB ACTIVITIES (AT THE GRAB 'N GO CARTS AND CAFETERIA)

DID YOU KNOW...

Students who eat school breakfast are more likely to:

- ⊗ Score higher on standardized tests
- ⊗ Have better concentration and memory
- ⊗ Be more alert

1



DID YOU KNOW...

- ⊗ School breakfast is FREE for ALL SGHS students each school day?? Yes, FREE!

2

**FUEL YOUR ENGINES
MARCH 4-8, 2019**



READY SET GO...

**WITH GRAB 'N GO BREAKFAST
TRY OUT THE NEW MENU ITEMS
SPECIAL FEATURE...**

FRIDAY 3/8 - YOGURT PARFAITS



3

**YOUR OPINION COUNTS! MAR 6-15TH
COMPLETE THE STUDENT LUNCH SURVEY!**

Link:

<https://goo.gl/forms/mTJJzoQetSbpMZBI3>

- ⊗ You will be entered for a random drawing for completing the survey.

Survey closes March 15, 2019, 3:00PM

4

TUESDAY - MARCH 19, 2019

TRY OUT THE SUPER SONIC SMOOTHIES

AT THE GRAB 'N GO CART!

SMOOTHIES - QUICK & EASY

A GREAT BREAKFAST!

FREE SMOOTHIE RECIPES AVAILABLE!

**TRY OUT A SMOOTHIE TO ENTER THE
DRAWING FOR A SMOOTHIE PARTY FOR 12!**

COOL!

- ⊗ Winner of Smoothie Party: Smoothie Party will be arranged during lunch period as part of your lunch offering.



5

VIDEO CONTEST:

I LOVE MY SCHOOL LUNCH HERO

- ⊗ Create a 1-2 minute Smartphone video telling us why you love your School Lunch Hero.
 - ⊗ Your classroom can win \$1000 to split with your favorite Cafeteria School Lunch Person!
 - ⊗ Deadline: April 19, 2019
 - ⊗ For more info: eatSMART2beSMART.org
- School Lunch Hero Contest

