

## 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 Breakfast Menu

			Friday, March 1	
			A VARIETY OF MILK IS OFFERED DAILY	
Monday, March 4		Tuesday, March 5	Thursday, March 7	Friday, March 8
<b>Waffle Wheelz</b> MINI BERRY WAFFLE, APPLESAUCE, ORANGE JUICE	CHICKEN BISCUIT, MIXED FRUIT, APPLE JUICE	<b>Cyclone CEREAL</b> CEREAL (TRIX) & TOAST, APPLESAUCE, ORANGE JUICE	<b>EGG Scrambler</b> BACON, EGG & CHEESE BISCUIT, PEARS, APPLE JUICE	MINI PANCAKES, PEACHES, GRAPE JUICE
Monday, March 11		Tuesday, March 12	Thursday, March 14	Friday, March 15
BREAKFAST PIZZA, PEARS, GRAPE JUICE		HAM BISCUIT, MIXED FRUIT, ORANGE JUICE	CEREAL (COCO PUFF) & TOAST, APPLESAUCE, ORANGE JUICE	SAUSAGE BISCUIT, PEARS, GRAPE JUICE
Monday, March 18		Tuesday, March 19	Thursday, March 21	Friday, March 22
MINI MAPLE FRENCH TOAST, PEACHES, GRAPE JUICE		CEREAL (CINN. TOAST) & TOAST, PEARS, APPLE JUICE	BAGEL & CREAM CHEESE BAR w/ cinnamon spread, PEARS, GRAPE JUICE	<b>Teacher Workday</b>
Monday, March 25		Tuesday, March 26	Thursday, March 28	Friday, March 29
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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