

## 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 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](http://www.schoolnutrition.org).

**Meal Prices :**  
**Students PreK-5th \$2.25**  
**Students 6th-12th \$2.75**  
**Adults: \$3.50**

All Menus are subject to change.  
 Milk Variety Offered Daily.

## Menus for March 2019

Wink-Loving ISD Lunch Menus for Pre-K thru 12th Grade

				Friday, March 1
				<b>Cheese or Pepperoni Pizza or Grilled Cheese Sandwich</b>  Baby Carrots Crunchy Broccoli Salad Fresh Fruit Brownie
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
<b>Steak Fingers Or Wildcat Meatloaf</b>  Mashed Potatoes Breaded Okra Roll Strawberry Cup	<b>Meat &amp; Cheese Chalupas Or Enchiladas</b>  Zesty Cucumbers Refried Beans Rosy Applesauce	<b>Chicken Tenders w/ Toast or Hamburger /Cheeseburger</b> Broccoli Sweet Potato Fries Mixed Fruit Rice Krispy Treat	<b>Chicken Spaghetti w/ Breadstick Or Cheese/Pepperoni Pizza</b> Garden Salad Carrots Apple Slices (Lunch for Parents)	<b>Spring Break</b>
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
<b>Enchiladas or Taquitos</b>  Charro Beans Seasoned Corn Fruit Crisp Fresh Fruit	<b>Meatball Sub Sandwich w/ tater tots Or Chili Cheese Combo</b> Tator Tots Veggie Cup Mixed Fruit	<b>Chicken Nuggets w/ mac &amp; Cheese OR Asian Stir Fry w/ Flatbread</b> Green Beans Garden Salad Apple Slices	<b>Pepperoni/Cheese Pizza Or Fiesta Bowl</b>  Seasoned Corn Tiny Tomato Cup Fruity Gelatin	<b>Hamburger/ Cheeseburger Or Frito Pie w/ salad garnish</b> Cucumber Slices Carrots Cinnamon Applesauce Cookie
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
<b>Steak Fingers w/ gravy &amp; Roll or Breaded Pork Chop</b>  Mashed Potatoes Carrot coins Strawberries and Bananas	<b>Spaghetti Bowl w/ Breadstick Or French Bread Pizza</b> Garden Salad California Blend Veggies Fruit Cup Chocolate/Vanilla Pudding	<b>Boneless Chicken Wings OR Texas Chili w/ Cornbread</b>  Celery Sticks Carrots Sticks Orange smiles Brownie	<b>Mexican Combo Plate (1 Taco &amp; 1 Tamale) OR Chicken Quesadillas</b>  Corn Refried Beans Salad Garnish Peaches	<b>Popcorn Chicken w/ Roll OR Sloppy Joe Sandwich</b>  Broccoli Fries Fresh Fruit

### March

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