

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

Elementary & Middle Lunch Menu

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