

Families Making the Connection

Take Time for School Breakfast

National School Breakfast Week is March 3-7. Eating a nutritious breakfast at school can help students have the energy and nutrients they need to keep going strong all day long.

Kids who eat breakfast are more likely to:

- Be able to pay attention longer.
- Have better behavior in the classroom.
- Perform better on tests.
- Make fewer trips to the school nurse.
- Have a better overall diet.
- Be at a healthy weight.

Recognizing the importance of breakfast, the N.C. State Board of Education passed a *Resolution to Promote School Breakfast* encouraging school districts to seek innovative ways to increase school breakfast participation as a way to care for children.

Schools can offer breakfast in a variety of ways: breakfast on the bus, breakfast kiosk, breakfast in the cafeteria before school, breakfast in the classroom during morning work, and breakfast break or second chance breakfast later in the morning.

Regardless of what time or how breakfast is served, this morning meal is important in helping students achieve both today's goals and tomorrow's dreams.

Find National School Breakfast Week info at www.schoolnutrition.org/nsbw.

March

- National Nutrition Month
- National Agriculture Week (March 17-21)
- National School Breakfast Week (March 3-7)

Source: www.schoolnutrition.org

Menus for March 2020

Sallie B. Howard School

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Grits, Turkey Bacon, eggs, fruit, Juice, Milk Chicken Alfredo w/Roll Corn Dog Nuggets Spinach Steamed Broccoli Mandarin Oranges Fresh Fruit 1% or Skim Chilled Milk	Breakfast Pizza Bagel, Fruit, Juice, Milk Spaghetti w/ Sauce/ Cornbread muffin BBQ Chicken Wings w/ celery and dressing Caesar Salad , Corn on Cob Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk	Egg and Cheese Biscuit, Fruit, Juice, Milk Calzone w/Marinara sauce Steak and Cheese Hoagie Tossed Salad Golden Corn Fruit Salad Fresh Fruit 1% or Skim Chilled milk	Cereal, pop tart, Fruit, Juice, Milk Cheeseburger on Bun Turkey Hotdog w/Beef Chili Baked Beans Crispy Fries Chilled Pineapples Fresh Fruit 1% or Skim Chilled milk	Fruit Muffin, Fruit, Juice, Milk Turkey Pepperoni Pizza Cheese Pizza Crispy Fries Carrots in bag Caesar Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Chilled
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Oatmeal /Apple Strudel , Fruit, Juice, Milk Beef Ribs w/ Roll Breaded Ravioli w/Marinara sauce Soup Golden corn Spinach Chilled Pears, Fresh Fruit 1% or Skim Chilled Milk	Chicken Biscuit, Fruit, Juice, Milk Chicken Hard Taco w/ cheese Beef Hard Taco w/cheese Tossed Salad, Pinto Beans Applesauce, Churros Fresh Fruit , 1 % or Skim Chilled Milk	Cereal, pop tart, Fruit, Juice, Milk Mac & Cheese w/ Oven Roasted Chicken General TSO Chicken w/ Rice Steamed Cabbage Honey Glazed Carrots Chilled Applesauce, Fresh Fruit 1% or Skim Chilled Milk	Hash Brown, Eggs, Fruit, Juice, Milk Chicken Tenders w/Roll Grilled Cheese and Fries Potato soup Steamed Broccoli Chilled peaches Fresh Fruit 1% or Skim Chilled Milk	Honey bun, eggs, Fruit, Juice, Milk Chicken Patty on Bun Beef Nachos Spinach Black Beans Fruit Salad Fresh Fruit 1% or Skim Chilled milk
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Hot Cereal, turkey sausage, , fruit, Juice, Milk Beef Chili w/Corn Bread muffin Chicken Noodle w/ Crackers Green Beans Tossed Salad Chilled Mixed fruit	Cinnamon roll, eggs, Fruit, Juice, Milk Chicken Nuggets w/ Rice Grilled Cheese Beef Vegetable Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk	Cereal, pop tart, Fruit, Juice, Milk Turkey Corndog Baby Carrots Fruit 1 % or Skim Chilled Milk <i>Half Day! Early Release</i>	Grits, Turkey Bacon, eggs, fruit, Juice, Milk Turkey ham and Cheese Sandwich on Hawaiian Bun Pulled Beef Sandwich Sweet Potatoes Green Beans Fruit Salad, Fresh Fruit, 1% or Skim Chilled Milk	Danish, eggs, fruit, juice, milk Cheeseburger on Bun Turkey Hotdog w/Beef Chili Baked Beans Crispy Fries Chilled Pineapples Fresh Fruit 1% or Skim Chilled milk
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 30	Tuesday, March 31			
Spring Break	Spring Break			
				



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