

MARCH

2019

Northampton County Schools

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.



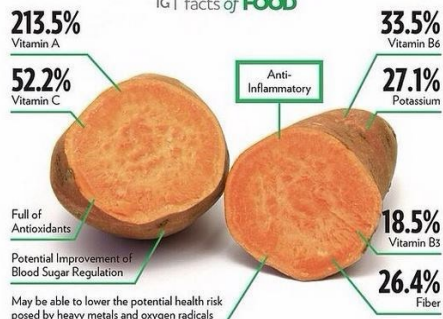
'You're never fully dressed without a smile'



				Friday, March 1
				Pancake on Stick Chilled Pears Green Eggs & Ham / Biscuit /Jelly *Mozzarella Pizza Sticks Oven Fried Potatoes Green Beans Mandarin Oranges
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
Blueberry Muffin/ Cheese stick Peachy Peaches *Pork BBQ/ Bun *Beefy Nachos/Salsa/Sour Cream Coleslaw, Baked Beans Golden Corn Cinnamon Spiced Pears	Sausage Egg Biscuit Tropical Fruit Salad *BBQ Chicken w/Roll *Tuna Salad w/ Crackers Oriental Veggies Oven Fried Potatoes Fruity Jello	Apple Strudel Mixed Fruit *Salisbury Steak/Gravy/ Roll * Jaguar Submarine Creamy Whipped Potatoes Steamed Broccoli Warm Apple Crisp	Breakfast Pizza Chilly Pears *Chicken Nuggets/Bread Stick * Sloppy Joe/ Bun Steamed Carrots Rocking Red Beans Fruit Icy Cup	Toaster Pastry Applesauce Cups Pork Sausage Or Sliced Ham Scrambled Cheese Eggs Toast /Jelly ; Fried Potatoes Tonya's Broccoli Bites Vanilla Peach Parfait
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
Gogurt & Jurassic Grahams Pineapple Tidbits *Chillin Chicken Nachos *Bacon Cheeseburger Salsa & Sour Cream Black Bean Salad/ Baby Carrots Chilled Pears	French Toast Sticks Peachy Peaches *Spaghetti / Bread Sticks *Club Sandwich Seasoned Spinach Golden Corn Tropical Fruit Salad	Breakfast Pizza Golden Raisins * Maria's Meatball Sub * Sausage Egg Cheese Biscuit Sweet Potato Fries Broccoli Cheese Sauce Spiced Candied Apples	Spicy Chicken Biscuit/ Jelly Mixed Fruit * Turkey Roast/Gravy/Roll * Crunchy Beef Tacos Stuffing/Mixed Veggies Candied Yams Peach Crisp	ER Pancake on Stick Chilled Pears *Mozzarella Pizza Sticks Marinara Dipping Sauce Oven Fried Potatoes Green Beans Applesauce Cup
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
RW SCHOOL CLOSED FOR STUDENTS	Apple Strudel Tropical Fruit Salad *Chicken Teriyaki/ Fried Rice *Crispy Egg Rolls Oriental Veggies Oven Fried Potatoes Fruity Jello	Sausage Egg Biscuit Mixed Fruit *Salisbury Steak/Gravy/ Roll *Jaguar Submarine Creamy Whipped Potatoes Steamed Broccoli Warm Apple Crisp	Breakfast Pizza Chilly Pears *Chicken Nuggets/Bread Stick * Sloppy Joe/ Bun Steamed Carrots Cajun Black Beans Fruit Icy Cup	Toaster Pastry Applesauce Cups *Wild Mikes Pizza * Marinara Dipping Sauce Sweet Potato Fries Tonya's Broccoli Bites Vanilla Peach Parfait
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
Gogurt & Jurassic Grahams Pineapple Tidbits * Lo's Roasted Hotdog Wrap *Bacon Cheeseburger Broccoli Salad Fresh Garden Salad Chilled Pears	French Toast Sticks Peachy Peaches *Spaghetti / Bread Stick * Chef Salad w/ Turkey Seasoned Spinach Golden Corn Tropical Fruit Salad	Breakfast Pizza Golden Raisins * Maria's Meatball Sub * Sausage Egg Cheese Biscuit Sweet Potato Fries Green Beans Spiced Candied Apples	Spicy Chicken Biscuit/ Jelly Mixed Fruit * Turkey Roast/Gravy/Roll * Crunchy Beef Tacos Mixed Veggies Candied Yams Peach Crisp	Pancake on Stick Chilled Pears *Mozzarella Pizza Sticks Marinara Dipping Sauce Oven Fried Potatoes Fresh Garden Salad Applesauce Cup

SWEET POTATO

IGI Facts of FOOD



March

- National Nutrition Month
- National Agriculture Day (March 19)
- * Veggie of the month– Sweet Potato



* Menu may change due to availability of product

USDA is an equal opportunity provider and employer. 11/18
<http://childnutrition.ncpublicschools.gov>



Available Daily:

Breakfast : Cereal, Graham Crackers, 100% Fruit Juice
Breakfast & Lunch : Canned & Fresh Fruit
Flavored & unflavored 1% Milk

Lunch : Yogurt Trio