

Food Bytes

Take the School Breakfast Challenge

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 6-10 is National School Breakfast Week (NSBW). The 2017 NSBW theme, "Take the School Breakfast Challenge", reminds everyone that a 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. For more info on school breakfast in our state, visit <http://childnutrition.ncpublicschools.gov>.

Lunch Menus for March 2017

		Wednesday, March 1	Thursday, March 2	Friday, March 3
 		SALISBURY STEAK/GRAVY ROLL CHICKEN SALAD /CRACKERS MASHED POTATO FRUITY JELLO ASSORTED FRESH FRUIT TOSS SALAD	SPAGHETTI GARLIC BREAD STICK CHEF SALAD / CHICKEN COLLARD GREENS PINEAPPLE STRAWBERRY PARFAIT ASSORTED FRESH FRUIT TOSS SALAD	CHEESEBURGER LETTUCE & TOMATO TURKEY TACO WRAP SWEET POTATO WEDGES DICED PEARS ASSORTED FRESH FRUIT
Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10
SAUSAGE EGG BISCUIT TOASTED HAM CHEESE SANDWICH CREAMY GRITS POTATO ROASTERS WARM APPLE CRISP ASSORTED FRESH FRUIT	BBO CHICKEN /ROLL TURKEY TACO SALAD / SALSA & CHIPS SPICY BLACK BEANS SPANISH RICE VANILLA ORANGE PARFAIT ASSORTED FRESH FRUIT TOSS SALAD	GRILLED CHICKEN & WAFFLES CHEESY CHILI POTATOES STEAMED BROCCOLI MIXED FRUIT ASSORTED FRESH FRUIT TOSS SALAD	PANCAKES & SLICED HAM MACARONI & CHEESE WARM YEAST ROLL STEAMED CARROTS FRUITY JELLO ASSORTED FRESH FRUIT TOSS SALAD	CHEESEBURGER LETTUCE & TOMATO WILD MIKES PEPPERONI PIZZA SWEET POTATO WEDGES APPLESAUCE CUP ASSORTED FRESH FRUIT
Monday, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17
CHICKEN FAJITA STEAKUM CHILI MACARONI GARLIC TOAST ROCKING RED BEANS STEAMED CARROTS MIXED FRUIT ASSORTED FRESH FRUIT	OVEN ROASTED CHICKEN ROLL CHEF SALAD / HAM HERB STUFFING GREEN BEANS SLICED PEACHES TOSS SALAD	SALISBURY STEAK/GRAVY ROLL CHICKEN SALAD /CRACKERS MASHED POTATO FRUITY JELLO ASSORTED FRESH FRUIT TOSS SALAD	SLICED HAM WARM YEAST ROLL CHEF SALAD / CHICKEN COLLARD GREENS PINEAPPLE STRAWBERRY PARFAIT ASSORTED FRESH FRUIT TOSS SALAD	CHEESEBURGER ON BUN LETTUCE & TOMATO TURKEY TACO WRAP SWEET POTATO WEDGES DICED PEARS ASSORTED FRESH FRUIT
Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
CHEESEBURGER TOASTED HAM CHEESE SANDWICH CREAMY SPINACH STEAMED CORN PINEAPPLE TIDBITS ASSORTED FRESH FRUIT	BBO CHICKEN /ROLL TURKEY TACO SALAD / SALSA & CHIPS SPICY BLACK BEANS SPANISH RICE VANILLA ORANGE PARFAIT ASSORTED FRESH FRUIT TOSS SALAD	CHEESY CHILI POTATOES CHICKEN FAJITA WRAP STEAMED BROCCOLI MIXED FRUIT ASSORTED FRESH FRUIT TOSS SALAD	MANAGERS CHOICE	MANAGERS CHOICE
Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31
CHICKEN FAJITA STEAKUM CHILI MACARONI GARLIC TOAST ROCKING RED BEANS STEAMED CARROTS MIXED FRUIT ASSORTED FRESH FRUIT	OVEN ROASTED CHICKEN WW ROLL CHEF SALAD / HAM GREEN BEANS SLICED PEACHES ASSORTED FRESH FRUIT TOSS SALAD	SALISBURY STEAK/GRAVY WW ROLL CHICKEN SALAD /CRACKERS MASHED POTATO FRUITY JELLO ASSORTED FRESH FRUIT TOSS SALAD	SLICED HAM WW ROLL CHEF SALAD / CHICKEN COLLARD GREENS PINEAPPLE TIDBITS ASSORTED FRESH FRUIT TOSS SALAD	CHEESEBURGER CHICKEN FILET ON BUN LETTUCE & TOMATO SWEET POTATO WEDGES DICED PEARS ASSORTED FRESH FRUIT

March

- National Nutrition Month
- National Agriculture Day (March 21)
- National School Breakfast Week (March 6-10)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

AVAILABLE DAILY

- ASSORTMENT OF FRESH FRUIT
- FLAVORED FF MILK, SKIM WHITE, 1% WHITE
- SUBSTITUTIONS MAY OCCUR