

Families Making the Connection

Breakfast—Out of this World

March 2-6 is National School Breakfast Week (NSBW). NSBW 2020 highlights how eating a nutritious breakfast helps students blast off to success in the classroom and beyond.




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 <https://childnutrition.ncpublicschools.gov>.

Menus for Bus Route Emergency Service

March 23	March 24	March 25	March 26	March 27
Cereal Fruit Juice Turkey or Ham w/ Cheese Sandwich Manager's Vegetable Fresh Fruit	Cereal Fruit Juice Cheeseburger Chips Manager's Vegetable Applesauce Cup	Cereal Fruit Juice Grilled Chicken Strips Chips Manager's Vegetable Mandarin Oranges	Cereal Fruit Juice Honey Sriracha Chicken Chips Manager's Vegetable Fresh Fruit	Cereal Fruit Juice Teriyaki Chicken Chips Manager's vegetable Applesauce Cup
March 30	March 31	April 1	April 2	April 3
Cereal Fruit Juice Turkey or Ham w/ Cheese Sandwich Manager's Vegetable Fresh Fruit	Cereal Fruit Juice Grilled Chicken Strips Chips Manager's Vegetable Mandarin Oranges	Cereal Fruit Juice Honey Sriracha Chicken Chips Manager's Vegetable Fresh Fruit	Cereal Fruit Juice Cheeseburger Chips Manager's Vegetable Applesauce Cup	Cereal Fruit Juice Teriyaki Chicken Chips Manager's vegetable Applesauce Cup
				

March

- National Nutrition Month
- National Agriculture Day (March 24)
- National School Breakfast Week (March 2-6)



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

Milk served daily with breakfast and lunch