

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 2019

Sallie B. Howard School

				Friday, March 1
				Fruit Muffin, Eggs Fruit, Juice, Milk Cheeseburger on Bun Turkey Hotdog w/Beef Chili Vegetarian Beans Crispy Fries Chilled Pineapples Fresh Fruit 1% or Skim Chilled milk
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
Chicken biscuit, fruit, Juice, Milk Chicken Nuggets w/ Rice Grilled Cheese & Beef/Veg Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk	Cinnamon Roll, Eggs, Fruit, Juice, Milk Beef Chili w/Corn Bread muffin Chicken Noodle w/ Crackers Spinach Tossed Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Milk	Oatmeal/Apple Strudel, Fruit, Juice, Milk Roasted Turkey w/ Rice Salisbury Steak w/ Gravy Mashed Potatoes Okra Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk	Honey Bun, eggs, Fruit, Juice, Milk Turkey Pepperoni Pizza Cheese Pizza Crispy Fries Black eye peas Caesar Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Milk	Egg and Cheese Biscuit, fruit, juice, milk Meat Lasagna w/ roll and cheese stick *Chicken Soft Taco, Sp.Rice Pinto Beans Steamed Broccoli Chilled Peaches Fresh Fruit, 1% or Skim Chilled Milk
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
Turkey Sausage Biscuit, Fruit, Juice, Milk Chicken Tenders & Waffles Grilled Cheese and Potato Soup Green Beans Steamed Broccoli Chilled peaches, Fresh Fruit 1% or Skim Chilled Milk	Breakfast Pizza, 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	Cereal, pop tart, Fruit, Juice, Milk Turkey Corndog Baby Carrots Fruit 1% or Skim Chilled Milk <i>Early Release Day</i>	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	Banana bread, Eggs., Fruit, Juice, Milk Spaghetti w/ Sauce/ Corn-bread muffin BBQ Chicken w/rice Caesar Salad Corn on Cob Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 2	Tuesday, March 27			
Spring Break	Spring Break			



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