

Families Making the Connection

Score Big with School Breakfast

March 1-5 is National School Breakfast Week (NSBW). NSBW 2021 reminds students, families and stakeholders that a healthy school breakfast helps ensure students' academic success in school so they can "score big" and reach their goals. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

Students who eat a healthy breakfast are better able to focus on lessons, and students can practice the nutrition lessons they learn 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.
<https://childnutrition.ncpublicschools.gov>.

Menus for March 2021

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
Meat Loaf Brown Rice/Corn Milk Fresh Fruit/Veggie	Cheese Burger Milk Fresh Fruit/Veggie	PBJ Sandwich Sun Chips Milk Fresh Fruit/Veggie	Chicken Patty Sandwich Milk Fresh Fruit/Veggie	Turkey Cheese Sub Sun Chips Milk Fresh Fruit/Veggie
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
Turkey Cheese Sub Sun Chips Milk Fresh Fruit/Veggie	Teriyaki Broccoli Bowl Fresh Fruit/Veggie Milk	PBJ Sandwich Sun Chips Milk Fresh Fruit/Veggie	Cheese Burger Potato Wedge Frys Milk Fresh Fruit/Veggie	Hard Shell Tacos Milk Fresh Fruit
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
Hard Shell Tacos Milk Fresh Fruit	Chicken Patty Sandwich Milk Fresh Fruit/Veggie	PBJ Sandwich Sun Chips Milk Fresh Fruit/Veggie	Teriyaki Broccoli Bowl Fresh Fruit/Veggie Milk	Meat Loaf Brown Rice/Corn Milk Fresh Fruit/Veggie
Monday, March 22	Tuesday, March 23	Wednesday, March 24	Thursday, March 25	Friday, March 26
No School	No School	No School	No School	No School
Text FOODNC or COMIDA to 877-877 to find free, safe, nutritious meals for children near you.				