

## Families Making the Connection

### Breakfast—Out of this World

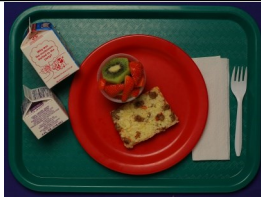


March 2-6 is National School Breakfast Week (NSBW). NSBW 2020 highlights how eating a nutritious breakfast helps students blast off to success in the classroom and beyond.

Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

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](http://www.schoolnutrition.org).

## Menus for March 2020

Inland Leaders Charter Schools

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Chicken Cheese Burritos Apples/Banana Broccoli Milk	Cheese Quesadilla Banana/Grapes Milk Pinto Beans Broccoli Peas	Beef Enchiladas Pears / Apples Milk Peas Roll Pinto Beans	Taquito Black Beans Pineapple / Apples Milk Peas Crouton	French Bread Pizza Banana/Pineapple Milk Broccoli Pinto beans
Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Tuna Sand/Turkey Sub Pineapple/Apple Milk Garbanzo beans Crouton	Beef Empanada Banana/Grapes Milk Pinto Beans Broccoli Peas	Three Bean Chili Pears/Apples Milk Peas Roll Croutons	Meat Loaf Brown Rice Banana/Apples Milk Peas Crouton Garbanzo Beans Fresh Fruit/Veggie Bar	Calzone Pepperoni Pizza Banana/Pineapple Milk Broccoli Garbanzo beans
Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Chicken Broccoli Bowl Apple/Grapes Roll Milk	Taco Bar Orange/Grapes Milk Pinto Beans Broccoli Crouton	Spaghetti with Meat Sauce or Marinara Green Beans Banana/Apple Roll Milk	Chicken Nuggets Pineapple/Apple Sweet Potato Fries Green Beans Roll Crouton	Pita Pizza Apple/Pineapple Milk Peas Diced Chicken Garbanzo beans
Fresh Fruit Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit Veggie Bar	Fresh Fruit/Veggie Bar	Fresh Fruit/Veggie Bar
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday, March 30	Tuesday, March 31			
NO SCHOOL	NO SCHOOL			
				 SCHOOL BREAKFAST OUT OF THIS WORLD! #NSBW2020

## March

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