

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				March 1 Pancake Bites Apple Slices ----- Fruit Juice & Milk
March 4 Cinnamon Toast Crunch Pastry Bar Applesauce ----- Fruit Juice & Milk	March 5 Scrambled Eggs & Toast Donut Bananas ----- Fruit Juice & Milk	March 6 Biscuits & Gravy Orange Smiles ----- Fruit Juice & Milk	March 7 H&C English Muffin Cinnamon Roll Craisins ----- Fruit Juice & Milk	March 8 Sausage Biscuit Apple Slices ----- Fruit Juice & Milk
March 11 French Toast Bites Applesauce ----- Fruit Juice & Milk	March 12 Apple Cinnamon Muffin Egg & Cheese English Muffin Bananas ----- Fruit Juice & Milk	March 13 Breakfast Pizza Orange Smiles ----- Fruit Juice & Milk	March 14 Yogurt Waffle Flatbread Stacker Bananas ----- Fruit Juice & Milk	March 15 Pancakes Apple Slices ----- Fruit Juice & Milk
March 18 Spring Break	March 19 Spring Break	March 20 Spring Break	March 21 Spring Break	March 22 Spring Break
March 25 French Toast Bites Applesauce ----- Fruit Juice & Milk	March 26 Apple Cinnamon Muffin Egg & Cheese English Muffin Bananas ----- Fruit Juice & Milk	March 27 Pancakes Orange Smiles ----- Fruit Juice & Milk	March 28 Scrambled Eggs & Toast Donut Bananas ----- Fruit Juice & Milk	March 29 Sausage Biscuit Apple Slices ----- Fruit Juice & Milk

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.

Variety of cereal, fat-free, & low-fat milk offered daily

Nutrition Information is available upon request.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Chicken Nuggets
Veggie Burger (V)
Ham & Cheese Sandwich
~~~~~  
Glazed Carrots  
Mashed Potatoes & Gravy

4

Walking Nachos  
BBQ Chicken Sandwich  
Sunbutter & Jelly Sandwich (V)  
~~~~~  
Refried Beans
Blue Ribbon Slaw

5

Macaroni & Cheese (V)
Corn Dog
Crispy Chicken Wrap
~~~~~  
Roasted Broccoli  
Crinkle Cut Fries  
Chocolate Chip Cookie

6

Breakfast 4 Lunch  
Pepperoni Pizza  
American Sandwich  
~~~~~  
Baked Apples
Green Beans

7

Chicken Nuggets
Cheesy Chicken Spaghetti
Chicken Caesar Wrap
~~~~~  
Peas & Carrots  
Mashed Potatoes & Gravy

8

Sloppy Joes  
Hamburger  
Just Peachy Parfait (V)  
~~~~~  
Mixed Vegetables
Tater Tots

11

Choice of
Chicken Drumstick or Chicken
Nuggets
Served With
Homestyle Waffle or Biscuits
Ham & Cheese Sandwich
~~~~~  
Sweet Potato Deep Groove Crinkles  
Baked Cinnamon Apples

12

Italian Dunkers (V)  
Lasagna  
Buffalo Chicken Wrap  
~~~~~  
Roasted Squash & Zucchini
Parmesan Green Beans
Chocolate Chip Cookie

13

Bean & Cheese Nachos (V)
Mexi-Chicken Nachos
Crispy Chicken Wrap
~~~~~  
Corn Elotes  
Charro Beans

14

Twisted Dog  
Orange Chicken  
Sunbutter & Jelly Sandwich (V)  
~~~~~  
Roasted Broccoli
Tater Tot

15

Cheese Pizza (V)
Ham & Cheese Melt
Chicken Caesar Wrap
~~~~~  
Crinkle Cut Fries  
California Blend Vegetables

18

Spring Break

19

Spring Break

20

Spring Break

21

Spring Break

22

Spring Break

25

Cheeseburger  
Macaroni & Cheese (V)  
Ham & Cheese Sandwich  
~~~~~  
California Blend Vegetables
Tater Tots

26

Crispy Chicken Sandwich
Popcorn Chicken Bowl
Hearty Garden Salad (V)
~~~~~  
Corn  
Mashed Potatoes  
Chocolate Chip Cookie

27

Italian Cheese Dippers (V)  
Meatball Sub  
Pizza Bento Box  
~~~~~  
Parmesan Green Beans
Roasted Squash & Zucchini

28

Corn Dog
Beef & Cheese Nachos
Turkey & Cheese Sandwich
~~~~~  
Mexican Black Beans  
Sweet Potato Deep Groove Crinkles

29

Chicken Enchilada Suiza  
Pepperoni Pizza  
Sunbutter & Jelly Sandwich (V)  
~~~~~  
Roasted Broccoli & Carrots
Refried Beans