

## 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.

[www.liftoffplayground.com](http://www.liftoffplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>March 1</b> Cereal or Cinnamon Toast Bar Fruit ~~~~~ Juice & Milk
<b>March 4</b> Cereal or Breakfast Bar Fruit ~~~~~ Juice & Milk	<b>March 5</b> Cereal or Muffin Fruit ~~~~~ Juice & Milk	<b>March 6</b> Cereal or Breakfast Bar Fruit ~~~~~ Juice & Milk	<b>March 7</b> Cereal or Muffin Fruit ~~~~~ Juice & Milk	<b>March 8</b> Cereal or Cinnamon Toast Bar Fruit ~~~~~ Juice & Milk
<b>March 11</b> Cereal or Breakfast Bar Fruit ~~~~~ Juice & Milk	<b>March 12</b> Cereal or Muffin Fruit ~~~~~ Juice & Milk	<b>March 13</b> Cereal or Breakfast Bar Fruit ~~~~~ Juice & Milk	<b>March 14</b> Cereal or Muffin Fruit ~~~~~ Juice & Milk	<b>March 15</b> Cereal or Cinnamon Toast Bar Fruit ~~~~~ Juice & Milk
<b>March 18</b> Spring Break	<b>March 19</b> Spring Break	<b>March 20</b> Spring Break	<b>March 21</b> Spring Break	<b>March 22</b> Spring Break
<b>March 25</b> Cereal or Breakfast Bar Fruit ~~~~~ Juice & Milk	<b>March 26</b> Cereal or Muffin Fruit ~~~~~ Juice & Milk	<b>March 27</b> Cereal or Breakfast Bar Fruit ~~~~~ Juice & Milk	<b>March 28</b> Cereal or Muffin Fruit ~~~~~ Juice & Milk	<b>March 29</b> Cereal or Cinnamon Toast Bar Fruit ~~~~~ Juice & Milk

### Fresh Pick Recipe

#### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ 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  
Dinner Roll  
Mashed Potatoes & Gravy  
Apple Slices

4

Crispy Chicken Sandwich  
Deli Bento Box  
Fresh Carrots  
Bananas

5

Macaroni & Cheese (V)  
Roasted Broccoli  
Applesauce  
Chocolate Chip Cookie

6

Breakfast 4 Lunch  
Apple Glazed Carrots  
Apple Slices

7

Popcorn Chicken  
Dinner Roll  
Mashed Potatoes & Gravy  
Orange Smiles

8

Hamburger  
Tater Tots  
Apple Slices

11

Chicken & Waffles  
Sweet Potato Deep Groove Crinkles  
Bananas

12

Italian dunkers (V)  
Parmesan Green Beans  
Applesauce  
Chocolate Chip Cookie

13

Bean & Cheese Burrito (V)  
Corn  
Apple Slices

14

Twisted Dog  
Sunbutter & Jelly Sandwich (V)  
Roasted Broccoli  
Orange Smiles

15

Cheese Pizza (V)  
Crinkle Cut Fries  
Apple Slices

18

Spring Break

19

Spring Break

20

Spring Break

21

Spring Break

22

Spring Break

25

Ham & Cheese Melt  
Tater Tots  
Bananas

26

Popcorn Chicken Bowl  
Mashed Potatoes  
Corn  
Applesauce  
Chocolate Chip Cookie

27

Meatball Sub  
Pizza Bento Box  
Parmesan Green Beans  
Apple Slices

28

Corn Dog  
Deli Bento Box  
Sweet Potato Deep Groove Crinkles  
Orange Smiles

29

Pepperoni Pizza  
Salad  
Apple Slices