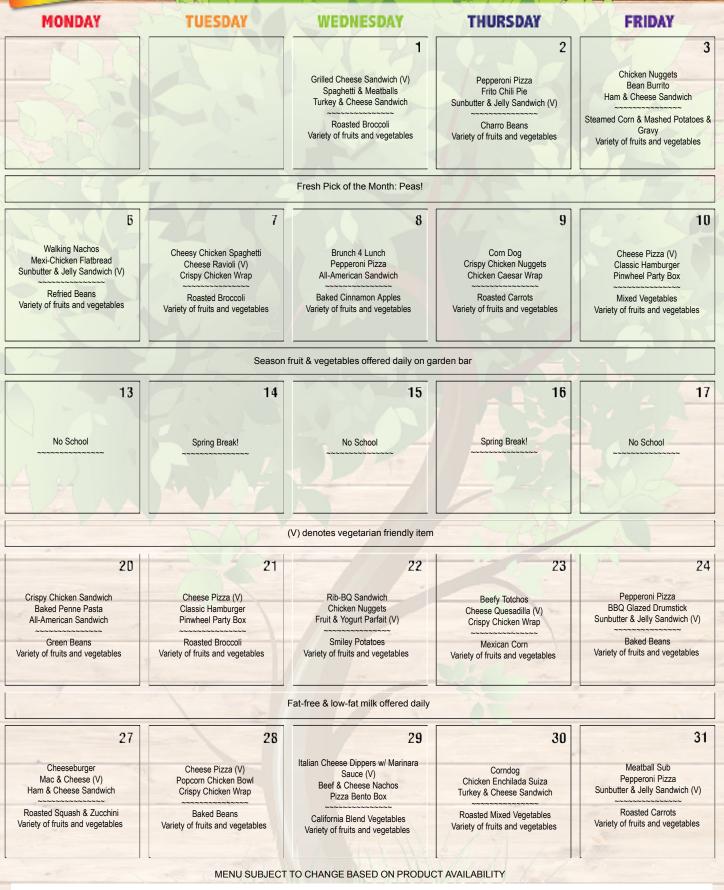
Fogarty, Central, Cotteral & Charter Oak

Clubhouse @





This institution is an equal poportunity provided.

National School Breakfast Week

Rusy 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 cafelerias. 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 belter concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight.

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 techage years is one way to ensure students are getting the best education possible to inspire a bright tuture. Making breakfast a standard part of the cay in elementary school helps establish a habit that is more likely in be sustained into articlescence.

Solves is committed to presenting it with a most choice and a second year to ne and it, millions works, SEA, MAT there fully builty and its near reads.

www.liftoffsplayground.com

BREAKFAST MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of Milk offered daily!		March 1 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	March 2 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	March 3 Breakfast Taco Assorted Cereal Cinnamon Toast Sliced Apples
March 6 Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	March 7 Biscuit & Gravy Assorted Cereal Cinnamon Roll Orange Smiles	March 8 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	March 9 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	March 10 Homestyle Breakfast Plate Assorted Cereal Cinnamon Toast Sliced Apples
March 13 No School	March 14 Spring Break!	March 15 No School	March 16 Spring Break!	March 17 No School
March 20 Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	March 21 Biscuit& Gravy Assorted Cereal Cinnamon Roll Orange Smiles	March 22 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	March 23 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	March 24 Homestyle Breakfast Plate Assorted Cereal Cinnamon Toast Sliced Apples
March 27 Mini Waffles Assorted Cereal Buttered Toast Applesauce	March 28 Biscuit & Gravy Assorted Cereal Cinnamon Toast Orange Smiles	March 29 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	March 30 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	March 31 Breakfast Taco Assorted Cereal Cinnamon Toast Sliced Apples

Fresh Pick Recipe

2 tablespoons dive oil

- */4 pup sweet onion, small cice.
- 5 cupe peaa, frozen
- < 1/3 cup orange juice
- zest of 1 orange
- sal, and pepper to taste

In macium set lé pan, addithe pilland, satté the onions for 2 minutes.

- Acd the pees and change juice and sauch for 3 to 5 minutes or unfil peas are tender;
- Add salt and pepper to tasks and then add the brange zeal.

Nutrition information is available upon request.