

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
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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
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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 Dinkers (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
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18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22 Spring Break
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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
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