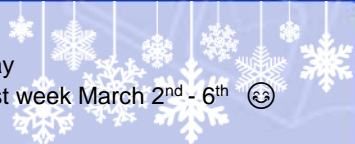




School Information:

March 16th E- learning day

National School Breakfast week March 2nd - 6th ☺



Nutrition Tip: March is National Nutrition Month! To celebrate try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

Monday

Start your day with breakfast ☺

2

Warm baked fruit frudel, juice, fruit, milk

Tuesday

Fuel up with breakfast ☺

3

Breakfast sliders, fruit, juice, milk

Wednesday

Energize with breakfast ☺

4

Mini maple pancakes, fruit, juice, milk

Thursday

Get a jump on your day with breakfast ☺

5

Biscuit & sausage sandwich, fruit, juice, milk

Friday

Step up to the plate with breakfast ☺

6

Whole grain donut, fruit, juice, milk

9

Apple bosco, fruit, juice, milk

10

Breakfast pizza, fruit, juice, milk

11

Mini french toast, fruit, juice, milk

12

Chicken & waffle sandwich, fruit, juice, milk

13

Cinni minnis, fruit, juice, milk

16

E-learning day

17

Cherry frudel, fruit, juice, milk

18

Mini confetti pancakes, fruit, juice, milk

19

Egg, cheese, biscuit sandwich, fruit, juice, milk

20

Breakfast wrap, fruit, juice, milk

23

Breakfast bosco, fruit, juice, milk

24

Pancake sausage wrap, fruit, juice, milk

25

Apple Texas toast, fruit, juice, milk

26

Breakfast burrito, w/ salsa, fruit, juice, milk

27

Blueberry mini pancakes, fruit, juice, milk

30

Warm Cinnamon roll, fruit, juice, milk

31

Breakfast flat bread w/ egg & cheese, fruit, juice, milk

Students who eat breakfast score 17.5% higher on standardized math tests and have improved attention, memory, behavior and attendance.

National school breakfast serves 14.6 million students per day.

