



## [Insert Public School Unit] Breakfast Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>March 1</b> W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
<b>March 4</b> W/G PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>March 5</b>  <b>NO SCHOOL REMOTE LEARNING DAY</b>	<b>March 6</b> GRITS W/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>March 7</b> SAUSAGE, EGG & CHEESE BREAKFAST SLIDERS COUNTRY POTATOES YOGURT PARFAITS OR DANISHES TROPICAL FRUIT 100% JUICE Lowfat or Fat Free Milk	<b>March 8</b> W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE
<b>March 11</b> FRENCH TOAST STICKS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>March 12</b> PANCAKE & SAUSAGE ON STICK OR NONFAT YOGURT NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	<b>March 13</b> GRITS W/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>March 14</b> SAUSAGE BISCUITS w/ jelly OR W/G BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>March 15</b> CHICKEN FRITTER BISCUITS w/grape jelly OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
<b>March 18</b> W/G PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>March 19</b> SAUSAGE, EGG & CHEESE BISCUITS OR ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>March 20</b> GRITS W/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>March 21</b> BREAKFAST POTATOES SAUSAGE PATTY OR NONFAT YOGURT GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>March 22</b> W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk
<b>March 25</b> FRENCH TOAST STICKS OR ASSORTED CEREAL GRAHAM CRACKERS FRESH STRWBERRIES 100% JUICE Lowfat or Fat Free Milk	<b>March 26</b> SAUSAGE BISCUITS OR NONFAT YOGURT GRANOLA BARS FRUIT COCKTAIL 100% JUC Lowfat or Fat Free Milk	<b>March 27</b> GRITS W/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>March 28</b>  <b>NO SCHOOL TEACHER WORKDAY</b>	<b>March 29</b>  <b>NO SCHOOL HOLIDAY BREAK</b>

## Families Making the Connection

### Surf's Up with School Breakfast

March 4-8 is National School Breakfast Week (NSBW), "Surf's Up with School Breakfast". #NSBW2024 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior,

standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public schools. All children can participate.

This institution is an equal opportunity provider.



## The College Preparatory & Leadership 9-12 Lunch Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>March 1</b> PIZZA (Pepperoni/Cheese) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
<b>March 4</b> TURKEY & CHEESE SANDWHICH OR CHICKEN ALFREDO MIXED VEGETABLES FRUIT COCKTAIL FRESH FRUIT Lowfat or Fat Free Milk	<b>March 5</b> <b>NO SCHOOL REMOTE LEARNING DAY</b>	<b>March 6</b> GRILLED CHICKEN SALAD OR BEEF TACOS w/ shredded cheese/lettuce YELLOW CORN MEXICAN RICE DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>March 7</b> CHICKEN SANDWHICH POTATO WEDGES BAKED BEANS APPLESAUCE FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>March 8</b> PIZZA (Pepperoni/Cheese) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT DICED PEACHES Lowfat or Fat Free Milk
<b>March 11</b> SLOPPY JOE SANDWHICH POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	<b>March 12</b> CHICKEN FAJITAS w/shred Cheese/salsa/lettuce PINTO BEANS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>March 13</b> FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT FRESH FRUIT Lowfat or Fat Free Milk	<b>March 14</b> BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRUIT COCKTAIL PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>March 15</b> PIZZA (Pepperoni/Cheese) BAKED CHIPS FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
<b>March 18</b> MEATBALLS w/ GRAVY MASHED POTATOES GREEN BEANS PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	<b>March 19</b> TACO SALAD w/ Nacho cheese/ lettuce PINTO BEANS FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk	<b>March 20</b> CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS YELLOW CORN DICED PEACHES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>March 21</b> ORANGE CHICKEN EGG ROLL STEAMED BROCCOLI YELLOW RICE FRESH FRUIT Lowfat or Fat Free Milk	<b>March 22</b> PIZZA (Pepperoni/Cheese) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
<b>March 25</b> HAMBURGER w/ CHEESE BAKED BEANS POTATO WEDGES FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>March 26</b> PHILLY STEAK&CHEESE w/lettuce/diced tomato YELLOW CORN FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk	<b>March 27</b> BBQ CHICKEN W/W DINNER ROLL MACARONI & CHEESE MIXED VEGETABLES DICED PEARS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>March 28</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>March 29</b> <b>NO SCHOOL HOLIDAY BREAK</b>

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School breakfast is a School Nutrition Program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a

choice of entrée, fruit or 100% juice, and lowfat or fat free milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.

Learn more about NSBW at [www.schoolnutrition.org/nsbw](http://www.schoolnutrition.org/nsbw).

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<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>