

## Families Making the Connection

### Wake Up to School Breakfast

March 7-11 is National School Breakfast Week (NSBW). The 2016 NSBW theme, "Wake Up to School Breakfast", reminds everyone in the school community—students, families, school administrators and staff—that a school breakfast provides a healthy, energizing start to the day for students.

School breakfast is a federally funded school nutrition program available to all schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat 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.

NSBW raises awareness of the availability of school breakfast to all children and promotes the links between eating a good breakfast, academic achievement and healthy lifestyles. For NSBW info and resources, visit [www.schoolnutrition.org](http://www.schoolnutrition.org). For more info on school breakfast in North Carolina, visit <http://childnutrition.ncpublicschools.gov>.

# Elementary Lunch Menus for March 2016

Wake County Public Schools

	Tuesday, March 1	Wednesday, March 2	Thursday, March 3	Friday, March 4
	Mini Corndog Nuggets Hamburger/ Cheeseburger Chef Salad PB&J Jamwich Broccoli w/ Cheese Baby Carrots w/ Dip Peach Cup Assorted Fresh Fruit	Rib-B-Que Sandwich Chicken Nuggets Chef Salad PB&J Jamwich Roll Cucumber Cup w/ Dip Peas & Carrots Sliced Pears Assorted Fresh Fruit	Mozzarella Sticks w/ Marinara Sauce Beef Tacos w/Salsa Chef Salad PB&J Jamwich Spicy Pintos Fresh Tossed Salad Apple Slices Assorted Fresh Fruit	Fish Nuggets w/ Hush- puppies Hot Dog w/Chili Chef Salad PB&J Jamwich Creamy Coleslaw Baked Fries Strawberry Cup Assorted Fresh Fruit
Monday, March 7	Tuesday, March 8	Wednesday, March 9	Thursday, March 10	Friday, March 11
Hunan Orange Chicken Cheese/Pepperoni Pizza Chef Salad PB&J Jamwich Seasoned Rice Steamed Broccoli Ginger Glazed Carrots Pineapple Tidbits Assorted Fresh Fruit	Grilled Cheese Sand- wich Hamburger/ Cheeseburger Chef Salad PB&J Jamwich PB&J Jamwich Vegetable Soup Fresh Tossed Salad Applesauce Assorted Fresh Fruit	Spaghetti & Meatballs Chicken Nuggets Chef Salad PB&J Jamwich Roll Fresh Tossed Salad California Blend Veggies Diced Peaches Assorted Fresh Fruit	Chicken Sandwich Beef Tacos w/Salsa Chef Salad PB&J Jamwich Southwest Black Beans Fiesta Corn Mixed Fruit Assorted Fresh Fruit	Western Style BBQ Sandwich Hot Dog w/Chili Chef Salad PB&J Jamwich Creamy Coleslaw Baked Fries Sliced Oranges Assorted Fresh Fruit
Monday, March 14	Tuesday, March 15	Wednesday, March 16	Thursday, March 17	Friday, March 18
Chicken Filet Sandwich Cheese/Pepperoni Pizza Chef Salad PB&J Jamwich Sweet Potato Nuggets Homemade Baked Beans Mandarin Oranges Assorted Fresh Fruit	Roasted Chicken w/ Roll Hamburger/ Cheeseburger Chef Salad PB&J Jamwich Green Beans Mashed Potatoes Strawberry Cup Assorted Fresh Fruit	Creamy Mac-N-Cheese Chicken Nuggets Chef Salad PB&J Jamwich Roll Baby Carrots w/ Dip Steamed Broccoli Sliced Peaches Assorted Fresh Fruit	Cheese Quesadilla Beef Tacos w/Salsa Chef Salad PB&J Jamwich Refried Beans Fresh Tossed Salad Pineapple Tidbits Assorted Fresh Fruit	Eastern Style BBQ Sandwich Hot Dog w/Chili Chef Salad PB&J Jamwich Creamy Coleslaw Baked Fries Pears Assorted Fresh Fruit

The Dining Room Manager will choose one or more of the following daily, based off of overall student population choice:

- PBJ Swirl Box
- Trix Yogurt Box
- PB&J Swirl Cup & Belly Bears
- Mozzarella String Cheese & Belly Bears
- Fruit Parfait

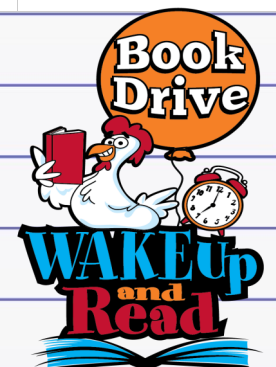
## March

- National Nutrition Month
- National Agriculture Day (March 15)
- National School Breakfast Week (March 7-11)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
 USDA is an equal opportunity provider and employer. 12/15  
<http://childnutrition.ncpublicschools.gov>

Sources: [www.schoolnutrition.org](http://www.schoolnutrition.org), <http://childnutrition.ncpublicschools.gov>



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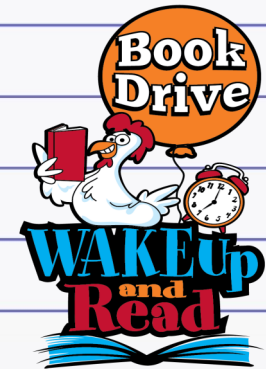
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Monday, March 21	Tuesday, March 22	Wednesday, March 23	Thursday, March 24	Friday, March 25
Brunch For Lunch Day! Egg & Cheese Biscuit Cheese/Pepperoni Pizza Chef Salad PB&J Jamwich Tater Tots Fresh Tossed Salad Cinnamon Baked Apples Assorted Fresh Fruit	Mini Corndog Nuggets Hamburger/ Cheeseburger Chef Salad PB&J Jamwich Broccoli w/ Cheese Baby Carrots w/ Dip Peach Cup Assorted Fresh Fruit	Rib-B-Que Sandwich Chicken Nuggets Chef Salad PB&J Jamwich Roll Cucumber Cup w/ Dip Peas & Carrots Sliced Pears Assorted Fresh Fruit	Mozzarella Sticks w/ Marinara Sauce Beef Tacos w/Salsa Chef Salad PB&J Jamwich Spicy Pintos Fresh Tossed Salad Apple Slices Assorted Fresh Fruit	Fish Nuggets w/ Hush- puppies Hot Dog w/Chili Chef Salad PB&J Jamwich Creamy Coleslaw Baked Fries Strawberry Cup Assorted Fresh Fruit
Monday, March 28	Tuesday, March 29	Wednesday, March 30	Thursday, March 31	
Hunan Orange Chicken Cheese/Pepperoni Pizza Chef Salad PB&J Jamwich Seasoned Rice Steamed Broccoli Ginger Glazed Carrots Pineapple Tidbits Assorted Fresh Fruit	Grilled Cheese Sand- wich Hamburger/ Cheeseburger Chef Salad PB&J Jamwich Vegetable Soup Fresh Tossed Salad Applesauce Assorted Fresh Fruit	Spaghetti & Meatballs Chicken Nuggets Chef Salad PB&J Jamwich Roll Fresh Tossed Salad California Blend Veggies Diced Peaches Assorted Fresh Fruit	Chicken Sandwich Beef Tacos w/Salsa Chef Salad PB&J Jamwich Southwest Black Beans Fiesta Corn Mixed Fruit Assorted Fresh Fruit	

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