



NATIONAL SCHOOL BREAKFAST WEEK MARCH 6TH - 10TH



How does school breakfast help you?

Students can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.



MILK
Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles



FRUITS
A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).



VEGETABLES
Every breakfast does not include vegetables, but schools may offer them in place of fruits.

Monday	Tuesday	Wednesday	Thursday	Friday		
	1	2	3	<p>No School</p> <p>MARCH LET THE WIND BEGIN</p>		
	<p>Bosco Mozzarella Breadsticks or Tuna Casserole or Crispitos</p>	<p>Dr. Seuss Day BBQ Pork Sandwich or Mini Corn Dogs or Pizza</p> <p>Chips w/Meal</p>	<p>6</p> <p>Pepperoni Bosco Breadsticks or BBQ Rib Sandwich or Taco Crunch</p>	<p>7</p> <p>Crispy or Spicy Chicken Filet or Broccoli Cheese Soup w/Muffin or Toasted Ravioli w/Garlic Toast</p>	<p>8</p> <p>Early Release Hot Dog Bar or Chicken Nuggets or Quesadilla</p> <p>Chips w/Meal</p>	<p>9</p> <p>Tacos or Garlic Parmesan Grilled Chicken Sub or Tornados</p>

Available Daily for Lunch

- PB& J Sandwich
- Deli Sandwich
- Yogurt Bundles

Menus Subject to Change
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JCHS MENU



PROTEIN FOODS
Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain options.



GRAINS
Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.




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Monday	Tuesday	Wednesday	Thursday	Friday
13 Mozzarella Bosco Breadsticks or Hamburger or Cheeseburger or Hot Dog Bar	14 Crispy or Spicy Chicken Filet or Enchiladas or Crispitos Ice Cream w/Meal	15 BBQ Chicken w/Biscuit or Hot Roast Beef Sandwich or Popcorn Chicken w/Bread	16 Mexican Bar or Hot Ham & Cheese Sandwich or Hot Wings w/Biscuit	17 St. Pat's Day Choice of Pizza or Pork Stew w/Hot Roll or Reubens St. Pat's Cookies w/Meal
20	21	22	23	
<div data-bbox="640 776 2032 990" data-label="Text"> <h1 style="color: blue;">Spring Break</h1> <h2 style="color: blue;">March 20th-24th</h2> </div> 				
27 Hamburger or Cheeseburger or Enchiladas or Pepperoni Bosco Breadsticks	28 Crispy or Spicy Chicken Filet or Meatball Sub or Chili Mac w/Cornbread	29 Golden or Spicy Chicken Strips or Chili & Crackers or Breaded Mozzarella Sticks w/Garlic Toast	30 BBQ Pork Sandwich or Corn Dog or French Bread Pizza Chips w/Meal	31 Choice of Pizza or Tuna Casserole w/Hot Roll or Crispitos