



# NATIONAL SCHOOL BREAKFAST WEEK MARCH 6<sup>TH</sup> - 10<sup>TH</sup>

## 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  Bosco Mozzarella Breadsticks or Tuna Casserole	2  <b>Dr. Seuss Day</b>  BBQ Pork Sandwich or Mini Corn Dogs  <b>Chips w/Meal</b>	3  No School    <b>MARCH LET THE WIND BEGIN</b>
6  Pepperoni Bosco Breadsticks or BBQ Rib Sandwich	7  Crispy or Spicy Chicken Filet or Broccoli Cheese Soup w/Muffin	8  <b>Early Release</b>  Hot Dog Bar or Chicken Nuggets  <b>Chips w/Meal</b>	9    Tacos or Garlic Parmesan Grilled Chicken Sub	10  Choice of Pizza or Fish Sticks w/Mac & Cheese

**Available Daily for Lunch**

- PB& J Sandwich
- Deli Sandwich
- Yogurt Bundles

**Menus Subject to Change**  
This institution is an equal opportunity provider.

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Pay online or monitor account at:





**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	14  Crispy or Spicy Chicken Filet or Enchiladas  <b>Ice Cream w/Meal</b>	15  BBQ Chicken w/Biscuit or Hot Roast Beef Sandwich	16  Mexican Bar or Hot Ham & Cheese Sandwich	17  <b>St. Pat's Day</b>  Choice of Pizza  <b>St. Pat's Cookies w/Meal</b>
20	21	22	23	
<div data-bbox="640 776 2032 990" data-label="Text"> <p><b>Spring Break</b> <b>March 20<sup>th</sup>-24<sup>th</sup></b></p> </div>				
27  Hamburger or Cheeseburger or Enchiladas	28  Crispy or Spicy Chicken Filet or Meatball Sub	29  Golden or Spicy Chicken Strips or Chili & Crackers	30  BBQ Pork Sandwich or Corn Dog  <b>Chips w/Meal</b>	31  Choice of Pizza or Tuna Casserole w/Hot Roll