

## Families Making the Connection

### ♥ School Breakfast




March 5-9 is National School Breakfast Week (NSBW). NSBW reminds students, families, and school staff that a school breakfast provides a nutritious, energizing start to the day. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

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.

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, visit [www.schoolnutrition.org](http://www.schoolnutrition.org). For more info on school breakfast in N.C., visit <http://childnutrition.ncpublicschools.gov>.

## THE POINT COLLEGE PREPARATORY & LEADERSHIP ACADEMY 9th-11th MARCH LUNCH MENU

			Thursday, March 1	Friday, March 2
			CHICKEN NUGGETS W/G DINNER ROLL  FRESH CARROTS W/RANCH DIP GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9
CHICKEN FILLET SANDWHICH  YELLOW CORN GREEN PEAS APPLSAUCE  LOW FAT OR SKIM MILK	MEATBALLS W/GRAVY W/G ROLL  MASHED POTATOES BROCCOLI ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  GREEN BEANS YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	CHICKEN FAJITAS W/SALSA W/W FAJITAS  SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
CHICKEN NUGGETS W/G ROLL  PINTO BEANS YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	BAKED CHICKEN W/G ROLL  MASHED POTATOES GREEN BEANS TROPICAL FRUIT MIX ORANGES LOW FAT OR SKIM MILK	DELI TURKEY & CHEESE SANDWHICH  FRESH CARROTS W/RANCH CELERY STICKS APPLESAUCE  LOW FAT OR SKIM MILK	TACO SALAD W/NACHO CHEESE  SHREDDED LETTUCE YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
BAKED SPAGHETTI  YELLOW CORN DICED TOMATOES ORANGES  LOW FAT OR SKIM MILK	CHICKEN FILLET SANDWHICH  GREEN BEANS MASHE POTATOES FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  BROCCOLI & CHEESE YELLOW CORN ORANGES APPLES  LOW FAT OR SKIM MILK	BBQ MEATBALLS W/G ROLL  MASHED POTATOES GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30
TACO SALAD W/ NACHO CHEESE  SHREDDED LETTUCE YELLOW CORN FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/G DINNER ROLL  FRESH CARROTS W/ RANCH DIP GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  MASHED POTATOES YELLOW CORN DICED PEACHES ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH DIP ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK	<b>NO SCHOOL</b>  <b>GOOD FRIDAY</b> <b>HOLIDAY</b>

## March

- National Nutrition Month
- National Agriculture Day (March 20)
- National School Breakfast Week (March 5-9)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>