

# [Insert Public School Unit] Breakfast Menus for March 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | March 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| March 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| March 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| March 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| March 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Dig In to School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it…

* Strengthens the brain.
* Helps establish healthy eating habits.
* Offers an opportunity to try new foods.
* Improves mood and behavior.
* Gives you energy.
* Keeps you healthy.

With all these benefits, why wouldn’t you eat breakfast?

Try school breakfast. 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. All students can participate.

March 6-10 is National School Breakfast Week (NSBW). The #NSBW2023 theme is “Dig In to School Breakfast”. It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

**Nutrilink:** For NSBW info and resources, visit [www.schoolnutrition.org](http://www.schoolnutrition.org). For more info on school breakfast in our state, visit <https://bit.ly/3qdAJo7>.



# [Insert Public School Unit] Lunch Menus for March 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | March 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | March 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | March 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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