

# [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 |

## Families Making the Connection

### Dig In to School Breakfast

March 6-10 is National School Breakfast Week (NSBW), “Dig In to School Breakfast”. NSBW 2023 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public 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. Learn more at [www.schoolnutrition.org/nsbw](http://www.schoolnutrition.org/nsbw).



# [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 |
| March 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | March 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | March 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | March 9 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | March 10 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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