

# [Insert Public School Unit] Breakfast Menus for March 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | March 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| March 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 5 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 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 12 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 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 19 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 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | March 26 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 |

## Nutrition Byte

### Surf’s Up with 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 lowfat or fat free milk. All students can participate.

March 4-8 is National School Breakfast Week (NSBW). The #NSBW2024 theme is “Surf’s Up with 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 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | March 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| March 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | March 5 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 |
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