

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/28/22 Breakfast Pizza Cereal w/Ch. Stick ✓ Muffin w/ Ch. Stick Fruit, Juice & Milk	3/01/22 ✓ Ham, Egg, Ch. Biscuit Cereal w/Ch. Stick Bagel w/ Cr. Cheese Fruit, Juice & Milk	3/02/22 French Toast Sticks ✓ Cereal w/Ch. Stick Muffin w/ Ch. Stick Fruit, Juice & Milk	3/03/22 ✓ Breakfast Uber Cookie Cereal w/Cheese Stick Donuts w/ Ch. Stick Fruit, Juice & Milk	3/04/22 ✓ Cinnamon Rolls Cereal w/Ch. Stick Breakfast Burrito Fruit, Juice & Milk
3/07/22 Breakfast Pizza ✓ Cereal w/Ch. Stick Muffin w/ Ch. Stick Fruit, Juice & Milk	3/08/22 ✓ Bacon, Egg & Biscuit Cereal w/Ch. Stick Bagel w/ Cr. Cheese Fruit, Juice & Milk	3/09/22 French Toast Sticks ✓ Cereal w/Ch. Stick Muffin w/ Ch. Stick Fruit, Juice & Milk	3/10/22 Breakfast UBR Cookie ✓ Cereal w/Ch. Stick Donuts w/ Ch. Stick Fruit, Juice & Milk	3/11/22 NO SCHOOL
3/14/22 ✓ Breakfast Pizza Cereal w/ Ch. Stick Muffin w/ Ch. Stick Fruit, Juice & Milk	3/15/22 ✓ Bacon, Egg, Biscuit Bagel w/ Cr. Cheese Cereal w/ Ch. Stick Fruit, Juice & Milk	3/16/22 ✓ French Toast w/ Syrup Cereal w/ Ch. Stick Muffin w/ Ch. Stick Fruit, Juice & Milk	3/17/22 ✓ Breakfast UBR Cookie Donuts w/ Ch. Stick Cereal w/ Ch. Stick Fruit, Juice & Milk	3/18/22 No School
3/21/22 Breakfast Pizza ✓ Cereal w/ Ch. Stick Muffin w/ Ch. Stick Fruit, Juice & Milk	3/22/22 ✓ Bacon, Egg & Biscuit Bagel w/ Cr. Cheese Cereal w/ Ch. Stick Fruit, Juice & Milk	3/23/22 ✓ French Toast w/ Syrup Cereal w/ Ch. Stick Muffin w/ Ch. Stick Fruit, Juice & Milk	3/24/22 ✓ Breakfast UBR Cookie Donuts w/ Ch. Stick Cereal w/ Ch. Stick Fruit, Juice & Milk	3/25/22 Breakfast Burrito Cereal w/ Ch. Stick ✓ Waffles w/ Syrup Fruit, Juice & Milk
3/28/22 NO SCHOOL	3/29/22 NO SCHOOL	3/30/22 NO SCHOOL	3/30/22 NO SCHOOL	4/01/22 NO SCHOOL

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

What is a Reimbursable Meal?

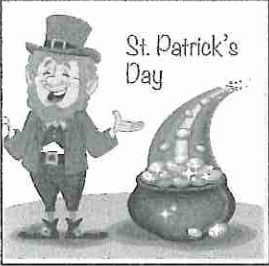
Students must select at least 3 of the 5 food groups, 1 of which MUST be a fruit or vegetable.



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Nutrition Information is available upon request.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>St. Patrick's Day</p>	<p>1</p> <p>Sloppy Joe's w/ Fries Popcorn Chick. w/ Pretzel Fruit, Veggie & Milk</p>	<p>2</p> <p>Crispy Chick. Sand. Meatball Sub Fruit, Tots & Milk</p>	<p>3</p> <p>Walking Taco's Mozzarella Breadstick w/ marinara Sauce Fruit, Veggie & Milk</p>	<p>4</p> <p>Mac. & Cheese w/ Breadstick Pepperoni Pizza Fruit, Veggie & Milk</p>
<p>7</p> <p>Popcorn Chick. Bowl w/ Roll Grilled Ham & Cheese w/ Chips Fruit, Veggie & Milk</p>	<p>8</p> <p>BBQ Pulled Pork w/ Chips Pasta Bowl w/ Meatballs & Garlic Knot Fruit, Veggie & Milk</p>	<p>9</p> <p>Corn Dog w/ Tots Turkey Sub w/ Chips Fruit, Veggie & Milk</p>	<p>10</p> <p>Orange Chicken w/ Rice or Noodles Cheese Pizza Fruit, Veggie & Milk</p>	<p>11</p> <p>NO SCHOOL</p>
<p>14</p> <p>Pepperoni Pizza Grilled Ham & cheese Fruit, Veggie & Milk</p>	<p>15</p> <p>Meatball Sub w/ Fries Chicken Alfredo w/ Breadstick Fruit, Veggie & Milk</p>	<p>16</p> <p>Chicken Nuggets, Tots & Roll Italian Sub w/ Chips Fruit, Veggie & Milk</p>	<p>17</p> <p>Turkey Gravy Mashed Potato Green Beans & Roll Fruit, Veggie & Milk</p>	<p>18</p> <p>No School</p>
<p>21</p> <p>Pop. Chick. w/ Pretzel Turkey & Ham Sub w/ Chips Fruit, Veggie & Milk</p>	<p>22</p> <p>Sloppy Joe's & Tots Omelet & French Toast Fruit, Veggie & Milk</p>	<p>23</p> <p>Hot Dog w/ Chips Chicken Pot Pie Fruit, Veggie & Milk</p>	<p>24</p> <p>Chicken Fajita w/ Ref. Beans Mozzarella Breadstick w/ Marinara Sauce Fruit, Veggie & Milk</p>	<p>25</p> <p>Popcorn Chick. Bowl w/ Roll Cheese Pizza Fruit, Veggie & Milk</p>
<p>28</p> <p>NO SCHOOL</p>	<p>29</p> <p>NO SCHOOL</p>	<p>30</p> <p>NO SCHOOL</p>	<p>31</p> <p>NO SCHOOL</p>	<p>NO SCHOOL</p>