

Food Bytes

♥ 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 5-9 is National School Breakfast Week (NSBW). The #NSBW2018 theme is "I ♥ School Breakfast". It encourages everyone to share how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

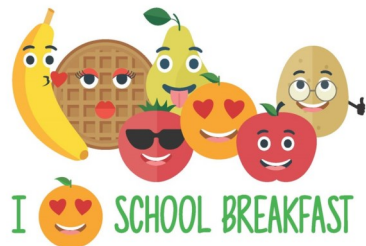
Nutrilink: For NSBW info and resources, visit www.schoolnutrition.org. For more info on school breakfast in our state, visit <http://childnutrition.ncpublicschools.gov>.



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"Schools, Parents & Communities Working Together To Make A Difference In Our Future"



Caswell County Schools Child Nutrition Program

MENUS

March 2018



March

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



Monthly Menu Notes:
Menu is Subject to Change
Due to Food Availability
and / or Nutrient Analysis

Daily Milk Choices
Skim Chocolate,
Strawberry & White
1% White

Monday, March 5

Menu Choices: BREAKFAST

Pancake Stick, Yogurt
Blueberry Mini Loaf, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Teriyaki Beef Popcorn Chicken

Broccoli, Peas & Carrots
Oriental Stir-Fry, Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, March 6

Menu Choices: BREAKFAST

Eggs w/ Toast, Yogurt
Mini Pancakes, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Hot Dog Meat loaf

Turnip Greens, Cole Slaw
Au Gratin Potatoes
Whole Grain Bun, Biscuit
Fruit Choice
Milk

Chef Salad

Wednesday, March 7

Menu Choices: BREAKFAST

French Toast Sticks, Yogurt
Chicken Biscuit, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Baked Spaghetti Pizza Strips/Sticks

Marinara Sauce, G - Salad
Veg Medley, Green Beans
Whole Grain Bread
Fruit Choice
Milk

Grilled Chicken Salad

Thursday, March 1

Menu Choices: BREAKFAST

Breakfast Pizza, Yogurt
Mini Maple Waffles, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita Hot Deli Sub

Corn, Pinto Bean
Side Salad, Salsa, Tortilla
Wh Grain Bun, Spanish Rice
Fruit Choice
Milk

Chef Salad

Friday, March 2

Menu Choices: BREAKFAST

Sausage Biscuit, Yogurt
Cinnamon Roll, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza Baked Potato & Salad

Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Thursday, March 8

Menu Choices: BREAKFAST

Breakfast Pizza, Yogurt
Mini Maple Waffles, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Taco Salad Beef Fiesta

Corn, Pinto Beans
Side Salad, Salsa
Tortilla Chips, Spanish Rice
Fruit Choice
Milk

Chef Salad

Friday, March 9

Menu Choices: BREAKFAST

Sausage Biscuit, Yogurt
Cinnamon Roll, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza Baked Potato & Salad

Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Food Bytes

Eating a nutritious breakfast at school can help you have the energy and nutrients you need to keep going strong all day long.

Kids who eat breakfast are more likely to:

- Be able to pay attention longer.
- Have better behavior in the classroom.
- Perform better on tests.
- Make fewer trips to the school nurse.
- Have a better overall diet.
- Be at a healthy weight.

This morning meal is important in helping students achieve both today's goals and tomorrow's dreams. Schools can offer breakfast in a variety of ways: breakfast on the bus, breakfast kiosk, breakfast in the cafeteria before school, breakfast in the classroom, and breakfast break or second chance breakfast later in the morning. Check out breakfast at your school. Bonus – If you eat breakfast at school, you can sleep longer in the morning.

Nutrilink: Find NSBW info at www.schoolnutrition.org/nsbw.



For information on:
**Caswell County Schools
 Student Wellness,**
 Please visit our website at:
<http://www.caswell.k12.nc.us>
**School Nutrition
 BOE Policy - Wellness Policy**

Monday, March 12

Menu Choices:
BREAKFAST

Pancake Stick, Yogurt
 Blueberry Mini Loaf, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

General Tso Chicken
Beef Rib Patty

Broccoli, Peas & Carrots
 Oriental Stir-Fry, Rice
 Wh Grain Dinner Roll, Bun
 Fruit Choice
 Milk

Chef Salad

Monday, March 19

Menu Choices:
BREAKFAST

Pancake Stick, Yogurt
 Blueberry Mini Loaf, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Teriyaki Chicken
Chicken Tenders

Broccoli, Peas & Carrots
 Oriental Stir-Fry, Rice
 Whole Grain Dinner Roll
 Fruit Choice
 Milk

Chef Salad

Monday, March 26

Menu Choices:
BREAKFAST

Pancake Stick, Yogurt
 Blueberry Mini Loaf, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Tangerine Chicken
Meatballs

Broccoli, Peas & Carrots
 Oriental Stir-Fry, Rice
 Whole Grain Dinner Roll
 Fruit Choice
 Milk

Chef Salad

Tuesday, March 13

Menu Choices:
BREAKFAST

Eggs w/ Toast, Yogurt
 Mini Pancakes, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken BBO
Corn Dog

Turnip Greens, Cole Slaw
 Sweet Potato Fries
 Whole Grain Bun
 Fruit Choice
 Milk

Chef Salad

Tuesday, March 20

Menu Choices:
BREAKFAST

Eggs w/ Toast, Yogurt
 Mini Pancakes, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Cheeseburger
Chicken Nuggets

Turnip Greens
 Sweet Potato Fries
 Whole Grain Bun, Biscuit
 Fruit Choice
 Milk

Chef Salad

Tuesday, March 27

Menu Choices:
BREAKFAST

Eggs w/ Toast, Yogurt
 Mini Pancakes, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Salisbury Steak & Gravy
Chicken Fillet

Turnip Greens
 Whipped Potatoes
 Corn Muffin, Wh Grain Bun
 Fruit Choice
 Milk

Chef Salad

Wednesday, March 14

Menu Choices:
BREAKFAST

French Toast Sticks, Yogurt
 Chicken Biscuit, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice
Pizza Strips/Sticks

Marinara Sauce, G - Salad
 Veg Medley
 Green Beans
 Fruit Choice
 Milk

Grilled Chicken Salad

Wednesday, March 21

Menu Choices:
BREAKFAST

French Toast Sticks, Yogurt
 Chicken Biscuit, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Lasagna
Pizza Strips/Sticks

Marinara Sauce, G - Salad
 Veg Medley, Green Beans
 Whole Grain Bread
 Fruit Choice
 Milk

Grilled Chicken Salad

Wednesday, March 28

Menu Choices:
BREAKFAST

French Toast Sticks, Yogurt
 Chicken Biscuit, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice
Pizza Strips/Sticks

Marinara Sauce, G - Salad
 Veg Medley, Green Beans
 Whole Grain Bread
 Fruit Choice
 Milk

Grilled Chicken Salad

Thursday, March 15

Menu Choices:
BREAKFAST

Breakfast Pizza, Yogurt
 Mini Maple Waffles, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita
Hot Deli Sub

Corn, Pinto Bean
 Side Salad, Salsa, Tortilla
 Wh Grain Bun, Spanish Rice
 Fruit Choice
 Milk

Chef Salad

Thursday, March 22

Menu Choices:
BREAKFAST

Breakfast Pizza, Yogurt
 Mini Maple Waffles, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Brunswick Stew w/
 Grilled Cheese

Breaded Pork Chop
 Corn, Pinto Beans, Salad
 Whole Grain Bun
 Fruit Choice
 Milk

Chef Salad

Thursday, March 29

Menu Choices:
BREAKFAST

Breakfast Pizza, Yogurt
 Mini Maple Waffles, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita
Hot Deli Sub

Corn, Pinto Bean
 Side Salad, Salsa, Tortilla
 Wh Grain Bun, Spanish Rice
 Fruit Choice
 Milk

Chef Salad

Friday, March 16

Menu Choices:
BREAKFAST

Sausage Biscuit, Yogurt
 Cinnamon Roll, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza
Baked Potato & Salad

Veggie Dippers
 Vegetable Choice
 Whole Grain Bread Choice
 Fruit Choice
 Milk

Chef Salad

Friday, March 23

Menu Choices:
BREAKFAST

Sausage Biscuit, Yogurt
 Cinnamon Roll, Cereal
 Pop Tart
 Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza
Baked Potato & Salad

Veggie Dippers
 Vegetable Choice
 Whole Grain Bread Choice
 Fruit Choice
 Milk

Chef Salad

Friday, March 30

**Teacher
 Workday**