

## Families Making the Connection

### Breakfast Starts Your Engine

March 4-8 is National School Breakfast Week (NSBW). NSBW reminds students, families, and school staff that a school breakfast provides a nutritious, energizing start to the day. 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.

NSBW raises awareness of the availability of school breakfast to all students and promotes the links between eating a good breakfast, academic achievement and healthy lifestyles. For NSBW info, visit [www.schoolnutrition.org](http://www.schoolnutrition.org). For more info on school breakfast in N.C., visit <http://childnutrition.ncpublicschools.gov>.

## Menus for March 2019

## Elizabeth City Pasquotank Public Schools

				Friday, March 1
				Pizza Sticks w Dip Romaine Garden Salad Black Beans & Corn, Baby carrots, Fresh Orange or Juice or Peach Slices / Milk
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
Hot Dog on Bun w/ chili French Fries, Salad, Baked Beans / Fresh Fruit, Diced Peaches or Juice / Milk	Chicken Stir Fry, Rice w/ Bread sticks, Spinach, Romaine Salad, Fresh Fruit, Juice or Pineapple Chunks, Milk	Chicken Noodle Soup with Grilled Cheese or PB&J Sandwich, Baby Carrots, Salad, Broccoli, Fresh fruit or Select Fruit or Juice / Milk	Spaghetti, Garlic Bread, Green Peas, Garden Salad w/ Romaine, Baby Carrots with Ranch dressing, Fresh Orange, or Juice or Mixed Fruit / Milk	Pizza / Garden Salad w/ Romaine, Beans/ Baby Carrots, Fresh Orange or Juice or Select Fruit / Milk
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
Sloppy Joe on Bun Romaine Garden Salad, French Fries, Beans, Orange, Select Fruit or Juice / Milk	Chicken Nuggets w Dip, Mash Potatoes, Bread stick, Spinach, Baby carrots, Fresh Orange or Juice or Mixed Fruit, Milk	Deli Turkey & Cheese on Bun, lettuce Pickle Chip, Beans, French Fries, Baby Carrots, Fresh Orange or Juice or Mixed Fruit, Milk	Baked Chicken , Rice & Gravy, Dinner Rolls, Green Peas, Candied Yams, Fresh Apple slices, Juice or Select Fruit / Milk	Corn Dog Nuggets w/Dip, Mashed Potatoes. Blackeye Peas, Bread Sticks, Spinach, Baby carrots, Baked Apple slices, Juice or Fruit Milk
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
Cheese burger on Bun, Fries, Lettuce & Pickle Chips, Baked Beans, Baby Carrots / Fresh Oranges or Select Fruit or Juice / Milk	Open Face Turkey Sandwich w Gravy, Mashed Potatoes, Green Peas, Roasted Butternut Squash, Fresh Apple slices, Juice or Select Fruit / Milk	Beef-a-Roni, Bread Sticks, Spinach, Corn, Mixed Salad, Fresh Fruit, Select Fruit or Juice, Milk	Chicken Fajita Wrap w Romaine, Corn, French Fries, Baby Carrots, Fresh Apple slices or Juice or Select Fruit / Milk	Taco Salad with Lettuce, Cheese , Salsa, Taco Chips, Black Beans & Corn, Broccoli, Baby Carrots, Fresh Apple slices or Juice or Diced Pears / Milk
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
Hot Dog on Bun w/ chili French Fries, Salad, Baked Beans / Fresh Fruit, Diced Peaches or Juice / Milk	Chicken Stir Fry, Rice w/ Bread sticks, Candied Carrots, Spinach, Romaine Salad, Fresh Fruit, Juice or Pineapple Chunks Milk	Chicken Noodle Soup with Grilled Cheese or PB&J Sandwich, Baby Carrots, Salad, Broccoli, Fresh fruit or Select Fruit or Juice / Milk	Spaghetti, Garlic Bread, Green Peas, Corn, Garden Salad w/ Romaine, Fresh Orange, or Juice or Mixed Fruit / Milk	<h1>No School</h1>

## March

- National Nutrition Month
- National Agriculture Day (March 19)
- National School Breakfast Week (March 4-8)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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