



March



Have **FUN** and color me!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>1 Sausage, Egg Toast GrillCheese/Ham Honey Bun Cereal Bar Muffins</p> | <p>2 Pancake Wrap Cinnamon Tastrie Muffins Oatmeal Bar Fruit Cereal</p> | <p>3 Biscuit/Sausage Sausage Roll Cereal Bar Muffins Doughnuts</p> | <p>4 Pancakes/Syrup Waffle Stixs Apple/Cherry Stixs Muffins/ Cereal</p> | <p>5 Cinnamon Rolls Muffins Cereal Oatmeal Bars</p> |
| <p>8 Breakfast Tacos BreakfastBurrito Doughnuts Cereal Bar Muffins</p> | <p>9 Breakfast Pizza Pizza Pockets Honey Buns Cereal Fruit</p> | <p>10 Bacon, Eggs Toast HamEgg,Cheese On Bun Muffins Cereal Bar</p> | <p>11 Biscuit/Gravy Or Butter/Jelly Apple / cherry sticks Muffins Cereal</p> | <p>12 Pancake wrap, Pancake & syrup Kolaches Doughnuts Cereal</p> |
| 15 | 16 SPRING | 17 BREAK | 18 HOLIDAY | 19 |
| <p>22 Grilled cheese Ham French Toast Sticks Honey bun Muffins Cereal , Fruit</p> | <p>23 Hashbrown Egg, Toast Sausage roll Up Kolache Baby Cakes Cereal</p> | <p>24 Breakfast Burrito Hot Pockets Honey Bun Muffins Cereal Bar</p> | <p>25 Breakfast Tacos Baby Cakes Cereal Bar Doughnut</p> | <p>26 Cinnamon Tastries Waffle Sticks Muffins Cereal</p> |
| <p>29 Breakfast Pizza Pizza Pocket Cherry / Apple Stick Cereal</p> | <p>30 Steak Finger Egg Toast Grilled Cheese Muffins Cereal</p> | <p>31 Sausage Roll Hot Pocket Muffins Doughnut Cereal Bar</p> | <p>Celebrate National School Breakfast Week!</p>  | |

National School Breakfast Week Ready, Set, Go! March 8-12.

Studies have shown that kids who eat breakfast behave better and have an easier time learning than kids who don't eat breakfast. Breakfast eaters also miss school less often than kids who skip the first meal of the day. Want to boost your brainpower? Eat breakfast at school!

Breakfast Match-Up

A quick but nutritious breakfast should include foods from at least three different food groups. Match the food on the right with its correct food group on the left. Then pick three foods you would like to eat for breakfast! See what your school has for you today.

1. milk group
2. protein group
3. fruit group
4. vegetable group
5. grain group



- a. apple
- b. wheat toast
- c. peanut butter
- d. yogurt
- e. carrot



March is National Nutrition Month,

a time to focus on making good food choices. These include eating small portions of healthy foods from the six food groups. Celebrate with a smart snack of strawberries and low-fat chocolate milk. A school meal is always a healthy choice. Cheers!

Answers: 1.d, 2.c, 3.a, 4.e, 5.b

Check Out the CAFETERIA BUZZ



Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write US DA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). US DA is an equal opportunity provider and employer.

Crunch & Munch comics by Miss J. Jay

