

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. For more info on school breakfast in N.C., visit <http://childnutrition.ncpublicschools.gov>.

DAILY BREAKFAST OFFERING:
 Variety of Cereals
 Fresh Fruit/Fruit Juice
 Choice of strawberry/white/chocolate milk

DAILY LUNCH OFFERING:
 Fresh Fruit
 Tossed salad (Mon, wed and fri)
 Choice of strawberry/white/chocolate milk

Arapahoe Charter School K-12 March Menu

Go Bobcats

				Friday, March 1
				Green Eggs and Ham  LUNCH Pizza Fish nuggets Tossed salad Cherry tomatoes Tater tots Peach cobbler
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
BREAKFAST Breakfast pizza LUNCH Chicken nuggets Macaroni and cheese Oven rice Pinto beans Glazed baby carrots Raisins	BREAKFAST French toast stick/syrup LUNCH Spaghetti/crackers Chicken fajitas Sweet potatoes Broccoli Strawberry cup	BREAKFAST Muffin LUNCH Oven roasted chicken Pork BBQ Oven rice Mashed potatoes Collards Peaches	BREAKFAST Grits LUNCH Sloppy Joe Burrito Green beans Baked beans Applesauce	BREAKFAST Sausage/ biscuit LUNCH Pizza Fish sandwich Tossed salad Cheery tomatoes French fries Apple crisp
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
BREAKFAST Breakfast pizza LUNCH Chicken nuggets Hamburger patty w/gravy Oven rice Seasoned Pinto beans Glazed baby carrots Raisins	BREAKFAST French toast sticks/syrup LUNCH Meatloaf/ dinner roll Chicken fajitas Sweet potatoes Green beans Applesauce	BREAKFAST Muffin LUNCH Nachos Oven roasted chicken Baked beans Corn Peach cup	BREAKFAST Grits LUNCH Pizza Fish sticks Tossed salad Cherry tomatoes Tater tots Apple crisp	Teacher work day!! 
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
BREAKFAST Breakfast pizza LUNCH Chicken nuggets Macaroni and cheese Oven rice Pinto beans baby carrots Raisins	BREAKFAST Sausage pup/syrup LUNCH Beef-A-Roni Burrito Broccoli Green beans Applesauce	BREAKFAST Muffin LUNCH Beef tacos Oven roasted chicken Collards Baked beans Pineapple	BREAKFAST Grits LUNCH Hot dog Chili w/ crackers Sweet potatoes Corn Peaches	BREAKFAST Sausage/ biscuit LUNCH Pizza Fish sandwich Tossed salad Cherry tomatoes French fries Apple crisp
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
BREAKFAST Breakfast pizza LUNCH Chicken nuggets Pork chop sandwich Oven rice Pinto beans baby carrots Raisins	BREAKFAST French toast stick/ syrup LUNCH Meat balls/spaghetti pasta Burritos Broccoli Baked beans Applesauce	BREAKFAST Pop tart LUNCH Oven roasted chicken Pork BBQ Rice Mashed potatoes Collards Pineapple	BREAKFAST Grits LUNCH Spicy chicken sandwich Corn dog nuggets Sweet potatoes Green beans Peaches	BREAKFAST Sausage/biscuit LUNCH Pizza Fish nuggets Tossed salad Cherry tomatoes Tater tots Apple crisp

