

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.



Find out more about ensuring healthy meal choices and nutrition for your school with the NSBW 2024-25 Nutrition Guide and menu ideas.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		March 1 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	March 2 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	March 3 NO SCHOOL
March 6 Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	March 7 Biscuit & Gravy Assorted Cereal Cinnamon Roll Orange Smiles Milk	March 8 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	March 9 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	March 10 Homestyle Breakfast Plate Assorted Cereal Cinnamon Toast Sliced Apples
March 13 NO SCHOOL	March 14 NO SCHOOL	March 15 NO SCHOOL	March 16 NO SCHOOL	March 17 NO SCHOOL
March 20 Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	March 21 Biscuit & Gravy Assorted Cereal Cinnamon Roll Orange Smiles	March 22 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	March 23 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	March 24 Homestyle Breakfast Plate Assorted Cereal Cinnamon Toast Sliced Apples
March 27 Mini Waffles Assorted Cereal Buttered Toast Applesauce	March 28 Biscuit & Gravy Assorted Cereal Cinnamon Toast Orange Smiles	March 29 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	March 30 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	March 31 Breakfast Taco Assorted Cereal Cinnamon Toast Sliced Apples

Fresh Pick Recipe

PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.