



## Orange County Schools Snack Menus for March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 3</b> Cheez-It Crackers (wg) 100% Fruit Juice	<b>March 4</b> Yogurt Cup Educational Crackers (wg)	<b>March 5</b> Chex Snack Mix (wg) 100% Fruit Juice	<b>March 6</b> Applesauce String Cheese	<b>March 7</b> Cereal Bowl (wg) Milk
<b>March 10</b> Tortilla Chips (wg) Salsa	<b>March 11</b> Rice Krispies Treat (wg) Fruit Choice	<b>March 12</b> Muffin (wg) Milk	<b>March 13</b> Pretzels (wg) Fruit Choice	<b>March 14</b> Graham Crackers (wg) Milk
<b>March 17</b> Goldfish Crackers (wg) String Cheese	<b>March 18</b> Baked Doritos (wg) 100% Fruit Juice	<b>March 19</b> Turkey Sandwich Half (wg) 100% Apple Juice	<b>March 20</b> Cereal Bowl (wg) Milk	<b>March 21</b> NutriGrain Bar (wg) 100% Fruit Juice
<b>March 24</b> Cheez-It Crackers (wg) 100% Fruit Juice	<b>March 25</b> Yogurt Cup Educational Crackers (wg)	<b>March 26</b> Chex Snack Mix (wg) 100% Fruit Juice	<b>March 27</b> Applesauce String Cheese	<b>March 28</b> Cereal Bowl (wg) Milk
<b>March 31</b> No School Spring Break	<b>Menus are subject to change.</b>	<b>wg = whole grain rich</b>		

### Families Making the Connection

#### Clue In To School Breakfast

March 3-7 is National School Breakfast Week (NSBW), “Clue In To School Breakfast”. #NSBW2025 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. 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 lowfat 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.

Learn more about NSBW at [www.schoolnutrition.org/nsbw](http://www.schoolnutrition.org/nsbw). For more info on school breakfast in our state, visit <https://go.ncdpi.gov/ncschoolmeals>.