

Cafe CONNECTION

Water and Milk are the best for growing bodies!

Offer a variety of colorful fruits and vegetables

SPRING HYDRATION REMINDER:

As the weather warms up, children become more active. Remember to:

- Offer water frequently
- Send a refillable water bottle
- Limit sugary drinks

INCLUDE WHOLE GRAINS WITH MEALS

CHOOSE LEAN PROTEINS

March is a month of fresh starts, longer days, and new growth. It's a perfect time to refresh healthy eating habits and celebrate nutritious choices to help children grow and thrive.

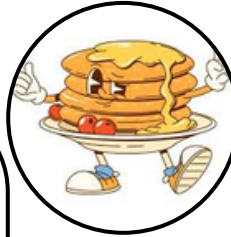
Encourage children to try one new healthy food a week

National School Breakfast Week

March 2 - March 6

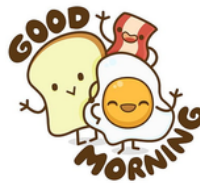
FUEL for focus

- Boosts students' academic performance, grades, and test scores
- Increases concentration, alertness, comprehension, and memory
- Improves classroom behavior

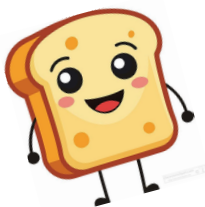


Start smart. Eat breakfast. Learn better

Fueling future leaders one breakfast at a time.



Strong bodies +
Sharp minds =
SCHOOL
BREAKFAST
SUCCESS!



Good mornings start with good nutrition....whole grains, fruits, and milk!!



**A SMART START
WINS THE DAY**



STUDENT TASTE TESTING

SHAPING OUR SCHOOL MENU



STUDENT TASTE TESTING EVENTS

WE BELIEVE STUDENT VOICES MATTER

Did you know students help decide what goes on the menu? That's right! Our Food Service team hosts student taste testing events to gather feedback on new recipes and menu ideas. When students help choose their meals, they are more likely to enjoy them!



EXCITEMENT FOR SCHOOL MEALS



ENCOURAGES STUDENT ENGAGEMENT IN SCHOOL MEAL PROGRAMS



MEETING STUDENT PREFERENCES





Build a Complete Breakfast

Choose at Least 3 ITEMS

****1 MUST be a FRUIT OR FRUIT JUICE****

Duplicate Items Will be Charged as A la Carte

Main Dish Choices

MAY CHOOSE ONLY 1

All Main Dish

Choices = 2 Items

****Fruit Choices****

MAY TAKE 1 OR 2

Fresh Fruit = 1 Item

Canned Fruit = 1 Item

Fruit Juice = 1 Item

Milk Choices

MAY CHOOSE ONLY 1

White Milk = 1 Item

Chocolate Milk = 1 Item





Build a Complete Lunch

Choose at Least 3 Different Components

****1 MUST be a FRUIT OR FRUIT JUICE or VEGETABLE****

Duplicate Items Will be Charged as A la Carte

Main Dish Choices

MAY CHOOSE ONLY 1

All Main Dish

Choices = 2 Components

Meat/Meat Alternate AND Grain

****Fruit Choices****

MAY TAKE 1 OR 2

Fresh Fruit = 1 Component

Canned Fruit = 1 Component

Fruit Juice = 1 Component

****Vegetable Choices****

MAY TAKE 1 OR 2

Fresh Vegetable = 1 Component

Hot Vegetable = 1 Component

Vegetable Juice = 1 Component

Milk Choices

MAY CHOOSE ONLY 1

White Milk = 1 Item

Chocolate Milk = 1 Item

