**We are celebrating National Nutrition Month with a special super salad this month! Try a Fajita Chicken Salad on March 9th or March 23rd!**

*Mini Rice Krispies Treat!*

**The fresh pick for March is blueberries! Blueberries are a superfood packed with antioxidants, fiber and vitamin C. Try some of this delicious fruit this month!**
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.

**BREAKFAST MENU**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>March 1</td>
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<tr>
<td>American Breakfast Sandwich Yogurt &amp; Fruit Parfait Raisins</td>
<td>March 2 Pancakes Yogurt &amp; Fruit Parfait Diced Peaches</td>
<td>March 3 Oatmeal Round Yogurt &amp; Fruit Parfait Bananas &amp; Orange Smiles</td>
<td>March 4 Breakfast Taco Roll Yogurt &amp; Fruit Parfait Orange Smiles</td>
<td>March 5 Cinnamon Roll Yogurt &amp; Fruit Parfait Applesauce</td>
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<td>March 8 Confetti Pancakes Fruit &amp; Yogurt Diced Pears</td>
<td>March 9 Breakfast Pizza Fruit &amp; Yogurt Mixed Fruit</td>
<td>March 10 Banana Muffin Fruit &amp; Yogurt Baked Cinnamon Apples &amp; Orange Smiles</td>
<td>March 11 Egg &amp; Cheese Biscuit Fruit &amp; Yogurt Fresh Bananas &amp; Orange Smiles</td>
<td>March 12 No School</td>
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<td>March 15 No School</td>
<td>March 16 No School</td>
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<tr>
<td>March 22 Oatmeal Round Yogurt &amp; Fruit Parfait Pop Tart Raisins</td>
<td>March 23 Pancakes Yogurt &amp; Fruit Parfait Mixed Fruit</td>
<td>March 24 Biscuit &amp; Sausage Gravy Yogurt &amp; Fruit Parfait Pop Tart Fresh Banana &amp; Orange Smiles</td>
<td>March 25 Tater Tot Burrito Yogurt &amp; Fruit Parfait Pop Tart Diced Pears</td>
<td>March 26 Breakfast Pizza Yogurt &amp; Fruit Parfait Pop Tart Orange Smiles</td>
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<td>March 29 Sausage Biscuit Yogurt &amp; Fruit Applesauce</td>
<td>March 30 Whole Grain Bagel Blueberry Muffin Diced Peaches</td>
<td>March 31 French Toast Sticks Yogurt &amp; Fruit Apples &amp; Orange Smiles</td>
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**Fresh Pick Recipe**

**BLUEBERRY AND CUCUMBER SALAD**

- 1 Cucumber (medium/sliced thinly in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

What is a reimbursable meal?
To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.