

March 2019

Food Bytes

School Breakfast Starts Your Engines

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. All students can participate.

March 4-8 is National School Breakfast Week (NSBW). The #NSBW2019 theme is "School Breakfast—Start Your Engines". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

1% Low-fat Milk & Chocolate Milk offered with Breakfast and Lunch



				Friday, March 1
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
WG Cereal Yogurt 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Coffeecake 100% Fruit Juice Fruit	Omelet 100% Fruit Juice Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
Pancakes w/ syrup 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit	English Muffin w/ sausage 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
WG Cereal Nutri grain Bar 100% Fruit Juice Fruit	Cream Cheese Mini Bagels 100% Fruit Juice Fruit	Breakfast Boats 100% Fruit Juice Fruit	Chicken Breakfast Sandwich 100% Fruit Juice Fruit	Pancake on a stick w/ syrup 100% Fruit Juice Fruit
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
French Toast Sticks w/ syrup 100% Fruit Juice Fruit	Oatmeal Bar Yogurt 100% Fruit Juice Fruit	WW Bagel 100% Fruit Juice Fruit	Quick Blueberry Bubble Bread 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit

Menus are subject to change.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

This institution is an equal opportunity provider.

March

- National Nutrition Month
- National Agriculture Day (March 19)
- National School Breakfast Week (March 4-8)