

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
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit	Chicken Drumstick Hearth Dinner Roll Baked Beans Creamy Coleslaw Fruit	Yummy Sloppy Joe on bun Cherry Tomatoes Seasoned Peas Fruit	Chicken & Waffles Fresh Baby Carrots Sassy Sweet Potatoes Fruit	Mini Pancakes Sausage Patty Wax Beans Hash Brown Patty Fruit
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
BBQ Pork Rib on a Bun Romaine Lettuce & Tomato Slice Sweet Potato Puffs Fruit	Corn Dog Orange Glazed Carrots Broccoli Florets Fruit	Chicken Soft Shell Taco Black Bean & Corn Salsa Refried Beans Fruit	Cowboy Cavatini Seasoned Corn Italian Vegetables Fruit	
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Fruit	Wrangler's Chili Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Fruit	Chicken Nuggets WW Roll Mashed Potatoes & Gravy Steamed Broccoli Fruit	Baked Ham Whole Grain Biscuit Apple Glazed Sweet Potatoes Bean Salad Fruit	Mac & Cheese and Meatballs Sunshine Garden Salad Catalina Veggies Fruit
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
Hot Ham & Cheese on a Bun Monaco Blend Veggies Broccoli Salad Fruit	Fish Sticks Calico Beans Cherry Tomatoes Fruit	Hard Shell Beef Taco Romaine & Tomato Mexican Corn Fruit	Lasagna w/ Garlic Bread Garden Salad Steamed Cauliflower Fruit	Chicken Patty on bun Au gratin Potatoes Green Beans 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)