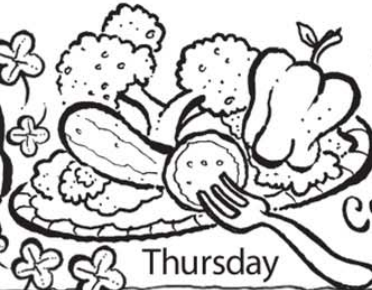




March



Have **FUN** and color me!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>BREAKFAST PIZZA CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>2</p> <p>MUFFINS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>3</p> <p>PANCAKES SYRUP CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>4</p> <p>BISCUITS GRAVY SAUSAGE CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>5</p> <p>DONUTS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>
<p>8</p> <p>BREAKFAST TACOS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>9</p> <p>MUFFINS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>10</p> <p>EGGS HAM TOAST/JELLY CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>11</p> <p>BISCUITS GRAVY SAUSAGE CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>12</p> <p>CINNAMON ROLLS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>
<p>15</p> <p>S B</p>	<p>16</p> <p>P R</p>	<p>17</p> <p>R E</p>	<p>18</p> <p>I A</p>	<p>19</p> <p>N G K</p>
<p>22</p> <p>OATMEAL CINNAMON TOAST STICK/SYRUP CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>23</p> <p>MUFFINS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>24</p> <p>EGGS HAM TOAST/JELLY CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>25</p> <p>BISCUITS GRAVY SAUSAGE CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>26</p> <p>DONUTS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>
<p>29</p> <p>BREAKFAST PIZZA CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>30</p> <p>MUFFINS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<p>31</p> <p>BRKF HOT POCKETS CEREAL YOGURT GRAHAM CRACKERS JUICE MILK</p>	<div data-bbox="941 1617 1266 1869" data-label="Text"> <p>Celebrate National School Breakfast Week!</p> </div> <div data-bbox="1250 1533 1494 1890" data-label="Image"> </div>	

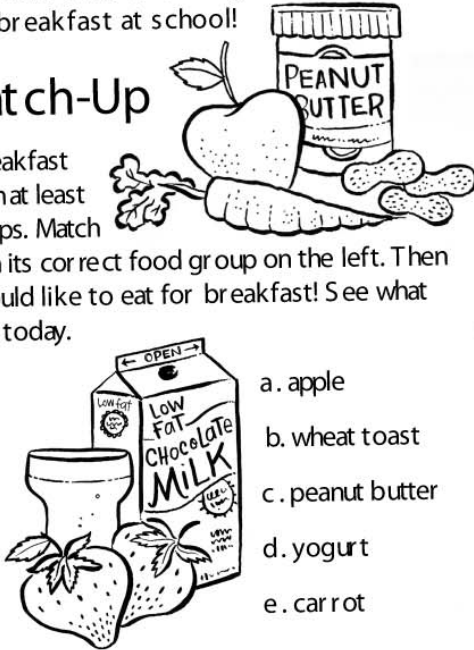
National School Breakfast Week Ready, Set, Go! March 8-12.

Studies have shown that kids who eat breakfast behave better and have an easier time learning than kids who don't eat breakfast. Breakfast eaters also miss school less often than kids who skip the first meal of the day. Want to boost your brainpower? Eat breakfast at school!

Breakfast Match-Up

A quick but nutritious breakfast should include foods from at least three different food groups. Match the food on the right with its correct food group on the left. Then pick three foods you would like to eat for breakfast! See what your school has for you today.

1. milk group
2. protein group
3. fruit group
4. vegetable group
5. grain group



- a. apple
- b. wheat toast
- c. peanut butter
- d. yogurt
- e. carrot

March is National Nutrition Month,

a time to focus on making good food choices. These include eating small portions of healthy foods from the six food groups. Celebrate with a smart snack of strawberries and low-fat chocolate milk. A school meal is always a healthy choice. Cheers!

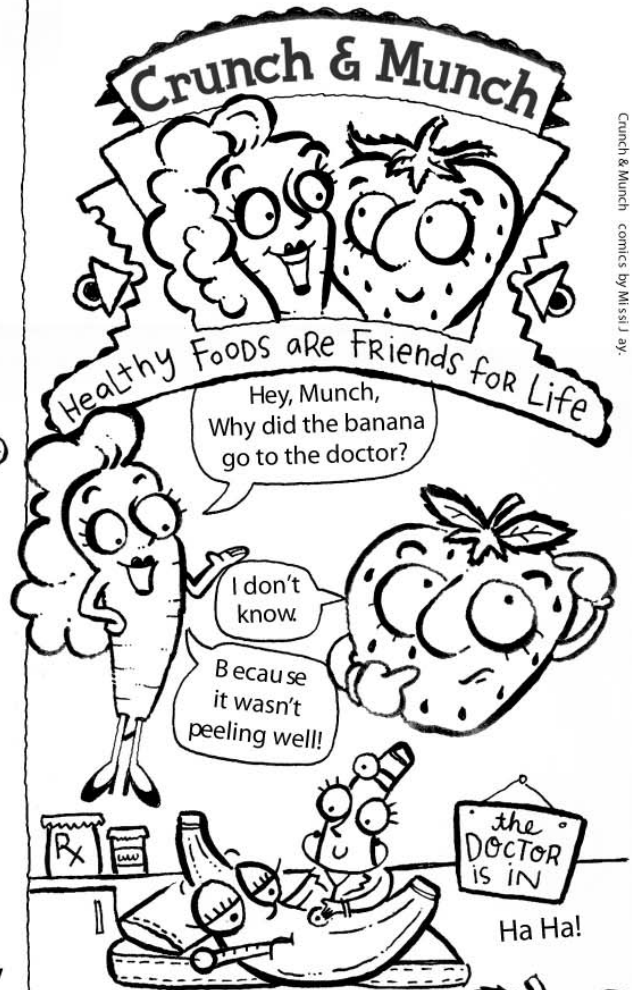
Answers: 1.d, 2.c, 3.a, 4.e, 5.b

Check Out the CAFETERIA BUZZ



Can't believe we just have three more months of school. I bet everyone is counting the days. Have a safe spring break.

Crunch & Munch

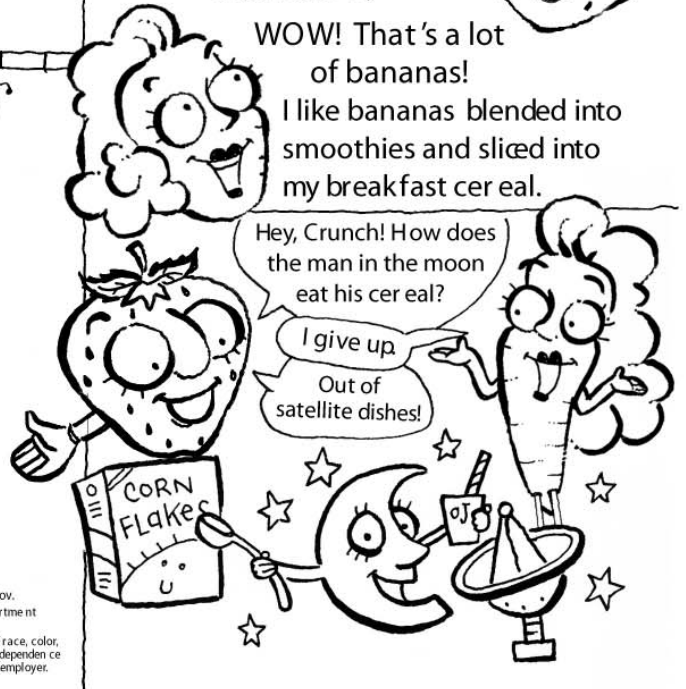


I love bananas. And I'm not alone. The average American eats more than 28 pounds of bananas a year!



WOW! That's a lot of bananas!

I like bananas blended into smoothies and sliced into my breakfast cereal.



Hey, Crunch! How does the man in the moon eat his cereal?

I give up
Out of
satellite dishes!