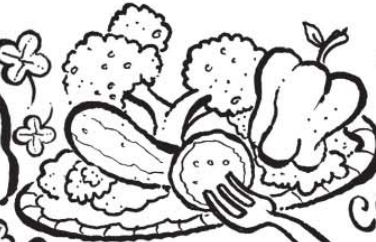




# March



Have FUN and color me!

Monday

Tuesday

Wednesday

Thursday

Friday

1 Assorted Cereal & Yogurt Toast Milk 100% Fruit Juice	2 Egg/Cheese Sausage Pocket Or Assorted Cereal Toast Milk 100% Fruit juice	3 Assorted Cereal & Cheese Stick Toast 100% Fruit juice Milk	4 Pancake on Stick Or Assorted Cereal Toast 100% Fruit juice Milk	5 Cinnamon Roll & Yogurt Or Assorted Cereal Milk 100% Fruit Juice
8 Assorted Cereal & Yogurt Toast Milk 100% Fruit Juice	9 Pig-in-Blanket Or Assorted Cereal Toast Milk 100% Fruit Juice	10 Assorted Cereal Cheese Stick Orange Halve Milk 100% Fruit Juice	11 Breakfast Pizza Or Assorted Cereal Toast Milk 100% Fruit Juice	12 Blueberry Muffin & Yogurt Or Assorted Cereal Toast Milk 100% Fruit Juice
15	16	17	18	19
<b>SPRING BREAK</b>				
22	23	24	25	26
<b>NO SCHOOL</b>				
29 Assorted Cereal & Cheese Stick Toast 100% Fruit juice Milk	30 Pig-in-Blanket Or Assorted Cereal Toast Milk 100% Fruit Juice	31 Assorted Cereal & Yogurt Toast Milk 100% Fruit Juice		

# 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



Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov). Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write US DA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). US DA is an equal opportunity provider and employer.

Crunch & Munch comics by Miss J. Jay

