

Food for Thought

School Breakfast: Go for Gold!

Celebrate School Breakfast Week

From March 5th to 9th, schools across the U.S. will celebrate the power of school breakfast. School breakfast helps you earn top scores whether it's on the playing field or in class. It jump starts your body and mind for the day ahead!

Be a School Breakfast Champion

Breakfast is the most often skipped meal of the day, but it can be the most important. If you eat breakfast, you are more likely to:

- Listen to your teachers and do better on tests
- Eat a healthier diet overall
- Be energized rather than exhausted

Kick start your day with breakfast like:

- a whole grain toaster waffle, peanut butter, and a cup of low-fat milk
- Low fat yogurt topped with berries and almonds
- a hard-boiled egg, whole grain bagel and a cup of 100% fruit juice

Or try breakfast at school!

London Olympics, 2012

Athletes know—without breakfast, performance is poor. To see some real champions in action, get hyped about the Olympic games!

Nutrilink: Go to www.london2012.com for more info about the Olympic games.

March

- National Nutrition Month
- Peanut Month
- School Breakfast Week (5th-9th)



Menus for March 2012

Bunn Middle School



Milk Choices Available For

Breakfast & Lunch:

Skim Chocolate 24

1% Plain 12

Skim Plain 11



Juice Choices for Breakfast:

Orange 14

Apple 15

Grape 19

Orange-Pineapple 16



Thursday, March 1	Friday, March 2
BREAKFAST Granola Breakfast Round 43	BREAKFAST Cherry Frudel 36
LUNCH Turkey Supreme 15 w/ Whole Grain Yeast Roll 24	LUNCH Grilled Cheese Sandwich 22
Glazed Sweet Potatoes 38 Steamed Cabbage 5 Crisp Garden Salad 2	Homemade Vegetable Soup 16 w/ Crackers 18 Baked Beans 33 Crisp Garden Salad 2
Pineapple Jell-O Cup 35	Applesauce 14

Monday, March 5
BREAKFAST Smucker's Snack n' Cinnamon Waffle 23
LUNCH Land O' Lakes Macaroni & Cheese 32 w/ Dinner Roll 14
Green Peas 8 Steamed Cabbage 5 Crisp Garden Salad 2
Pineapple Tidbits 28

Tuesday, March 6
BREAKFAST Chicken Slider 21
LUNCH Nacho's w/ Meat & Cheese 15
Baked Potato 38 Pinto Beans 23 Crisp Garden Salad 2
Fresh Strawberries 8

Wednesday, March 7
BREAKFAST Breakfast Pizza 17
LUNCH Chicken Fillet Sandwich 25
Carrot Cup 6 Fresh NC Apple Slices 19

EARLY RELEASE

Thursday, March 8
BREAKFAST Apple Blossom Muffin 45
LUNCH Turkey Tips & Gravy 4 w/ Whole Grain Yeast Roll 24
Sweet Corn 24 Baked NC Sweet Potato 11 Crisp Garden Salad 2
Rice
Fresh Pear 26

Friday, March 9
BREAKFAST Cheese & Egg Biscuit 27
LUNCH Big Daddy's Cheese Flatbread Sandwich 30
Baked Beans 33 Steamed Broccoli & Cheese 6 Creamy Cole Slaw 6
Sliced Peaches 19

Additional Menu Choices:

Monday:
Pepperoni Pizza 37
Chicken Nuggets 14 w/ Roll 14
French Fries 31

Tuesday:
Corn Dog Nuggets 31
Chicken Fillet Sandwich 25

Wednesday:
Fiesta Pizza 41
Chicken Tenders 14 w/ Roll 14

Thursday:
Cheesy Mozzarella Sticks 30
BBQ Sandwich 19

Friday:
Cheeseburger 16
Chicken Nuggets 14 w/ Roll 14
Fish Sandwich 29
French Fries 31

Applications for free and reduced meals are available at your child's school. They may be completed at any time during the school year.








Middle School Prices:
Breakfast: Full Price..1.25
Reduced..Free

Lunch
Full Price..2.25
Reduced...40

Carb counts are listed beside the menu items.
Carbs may vary due to food preparation or availability of products.

BUNN MIDDLE SCHOOL

"Franklin County Schools is an equal opportunity provider and employer"

Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
BREAKFAST Super Donut 43  LUNCH Chef Boyardee Ravioli 27 W/ Whole Grain Yeast Roll 24 Black Eye Peas 27 Seasoned Greens 4 Sweet Corn 24 Crisp Garden Salad 2 Fresh Orange 11	BREAKFAST Cinnamon Tastrie 38 LUNCH Chicken Fajita 22 Pinto Beans 23 Au Gratin Potatoes 20 Crisp Garden Salad 2 Sliced Peaches 22 	BREAKFAST Breakfast Pizza Bagel 19 LUNCH Beef-A-Roni 27 w/ Breadstix 19 Field Peas 33 Steamed Broccoli & Cheese 6 Crisp Garden Salad 2 Pineapple Tidbits 28	BREAKFAST Pillsbury Blueberry Waffle LUNCH Corn Dog 33 Potato Roasters 23 Baby Carrot Cup 6 Crisp Garden Salad 2 Fresh Apple 19 	<p>TRADITIONAL</p> <p>SCHOOLS</p> <p>CLOSED</p> <p>WORKDAY</p>
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
BREAKFAST General Mill's Cinni Minis 40 LUNCH Salisbury Steak & Gravy 4 w/ Dinner Roll 14 Rice  Lima Beans 17 Steamed Cabbage 5 Crisp Garden Salad 2 Sliced Pears 31	BREAKFAST Cheesy Mozzarella Stix 15 LUNCH Chicken BBQ Sandwich 25 Scalloped Potatoes 21 Seasoned Greens 4 Crisp Garden Salad 2 Honey Tangarine 12	BREAKFAST Jimmy Dean Sausage Biscuit 15 LUNCH Saucy Spaghetti 28 w/ Breadstix 19 Glazed Carrots 22 Green Beans 6 Crisp Garden Salad 2 Fresh NC Apple Slices 19 	BREAKFAST Pillsbury Mini Maple Waffle 33 LUNCH Soft Taco 24 Pinto Beans 23 Sweet Corn 24 Crisp Garden Salad 2 Mexican Rice Sliced Peaches 19	BREAKFAST Breakfast Pizza 17 LUNCH Hot Dog 15 w/ Chili 5  Baked Beans 33 Steamed Broccoli & Cheese 6 Crisp Garden Salad 2 Mixed Fruit 19
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30
BREAKFAST Super Donut 43 LUNCH Land O' Lakes Macaroni & Cheese 32 w/ Dinner Roll 14 Green Peas 8 Steamed Cabbage 5 Crisp Garden Salad 2 Pineapple Tidbits 28	BREAKFAST Mini Berry French Toast 32 LUNCH Steak & Cheese Biscuit 35 Baked Potato 38 Black Eye Peas 27 Crisp Garden Salad 2  Applesauce 14	BREAKFAST Pancake Stix LUNCH Chicken Pastry 8 w/ Dinner Roll 14 Glazed Sweet Potatoes 38 Lima Beans 19 Crisp Garden Salad 2 Fresh Orange 11	BREAKFAST Apple Cinnamon Breakfast Bar 48 LUNCH Pork Tips & Gravy 3 w/ Whole Grain Yeast Roll 24 Rice Seasoned Greens 4 Sweet Corn 24 Crisp Garden Salad 2 Sliced Peaches 22	BREAKFAST Chicken Slider 19 LUNCH Big Daddy's Cheese Flatbread Sandwich 30 Green Beans 6 Glazed Carrots 22 Crisp Garden Salad 2 Mixed Fruit 19