

Families Making the Connection

School Breakfast: Go for Gold!

Celebrate National School Breakfast Week Between March 5th and 9th, schools will be championing school breakfast. Breakfast sets kids up with the energy they need to achieve in the classroom or on the playing field. Celebrate this special week by encouraging your child to eat school breakfast!

School Breakfast Gets Top Scores

- Children who eat breakfast at school perform better on standardized tests than those who skip breakfast.
- Children who participate in school breakfast eat more fruits, drink more milk and consume a wider variety of foods than those who do not eat school breakfast.

Let's Go for Gold—Together!

Since breakfast jump starts your body and mind, it can be the most valuable meal of the day. Be an example. Encourage your child to eat breakfast and eat breakfast yourself!

London Olympics, 2012

Athletes know—without breakfast, performance is poor. Connect the importance of breakfast with physical activity by getting your family hyped about the Olympic games! Go to www.london2012.com to learn more. For a weekend breakfast dish with an English feel, try the recipe on the back and add sides of sautéed mushrooms, grilled tomatoes and low fat, low sodium baked beans.

March

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



Menus for March 2012

Edward Best, Laurel Mill, Royal & Youngsville Elementary



Monday, March 5
BREAKFAST Apple Blossom Cinnamon Muffin 45
LUNCH Choose One: Chicken Nuggets 14 w/ Dinner Roll 14 Salisbury Steak & Gravy 4 w/ Dinner Roll 14
Choose Two: Green Beans 6 Glazed Carrots 14 Crisp Garden Salad 2 Baked Apples 20 Choose One: Rice

Tuesday, March 6
BREAKFAST General Mil's Cinni Minis 40
LUNCH Choose One: Sausage & Egg Biscuit Grilled Chicken Biscuit
Choose Two: Potato Roasters 22 Sweet Corn 24 Crisp Garden Salad 2 Apple Juice Carton 15 Fresh Strawberries 8
BREAKFAST FOR LUNCH

Wednesday, March 7
BREAKFAST Pancake Griddle 25
LUNCH Chicken Fillet Sandwich 15 Carrot Cup 6 Fresh Apple Slices 19
EARLY RELEASE

Thursday, March 1
BREAKFAST Cheesy Mozzarella Stix 15
LUNCH Choose One: Chicken Pastry 8 w/ Dinner Roll 14 Teriyaki Beef Dippers 6 w/ Dinner Roll 14
Choose Two: Glazed Sweet Potatoes 38 Lima Beans 19 Crisp Garden Salad 2 Pineapple Jell-O Cup 45

Friday, March 2
BREAKFAST Cheese & Egg Biscuit 27
LUNCH Choose One: Fish Sandwich Chef Boyardee Ravioli 27 w/ Dinner Roll 14
Choose Two: Potato Smiles 20 Field Peas 33 Creamy Cole Slaw 6 Mixed Fruit 19

Thursday, March 8
BREAKFAST Assorted Cereal Bowl 37 46 48
LUNCH Choose One: Turkey Tips & Gravy 4 w/ Dinner Roll 14 Pork Chop Sandwich 32
Choose Two: Steamed Cabbage 5 Baked NC Sweet Potato 21 Crisp Garden Salad 2 Honey Tangerine 12 Choose One: Rice

Friday, March 9
BREAKFAST Granola Breakfast Round 43
LUNCH Choose One: Hot Dog 15 Chili 5 Uncrustable PBJ Sandwich 54
Choose Two: Homemade Vegetable Soup 16 w/ Cheez-It Jr. Crackers 14 Baked Beans 33 Creamy Cole Slaw 6 Sliced Pears 31

**AVAILABLE DAILY:
PBJ Sandwich 35**

**Milk Choices:
Skim Chocolate 24
1% Plain 12
Skim Plain 11
1% Strawberry 31
1% Vanilla 31**








**Juice Choices for Breakfast:
Orange 14
Apple 15
Grape 19
Orange-Pineapple 16**

Applications for free and reduced meals are available at your child's school. A new application must be completed each year to receive free and reduced meals.

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

**EDWARD BEST
LAUREL MILL
ROYAL ELEMENTARY
YOUNGSHIRE ELEMENTARY**

"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
<p>BREAKFAST Kellogg's Double Poptart 74</p> <p>LUNCH Choose One: Pepperoni Pizza 37 Steak & Cheese Biscuit 35</p>  <p>Choose Two: Field Peas 33 Steamed Broccoli & Cheese 6 Crisp Garden Salad 2 Sliced Peaches 19</p>	<p>BREAKFAST Breakfast Pizza 17</p> <p>LUNCH Choose One: American Cheeseburger 16 Chef Boyardee Ravioli w/ Dinner Roll 14</p>  <p>Choose Two: Oven Fries 31 Baked Beans 33 Crisp Garden Salad 2 Mixed Fruit 19</p>	<p>BREAKFAST Chicken Slider 21</p> <p>LUNCH Choose One: Land O Lakes Macaroni & Cheese 32 w/ Dinner Roll 14 Teriyaki Beef Dippers w/ Dinner Roll 14</p> <p>Choose Two: Green Beans 6 Glazed Carrots 14 Crisp Garden Salad 2 Baked Apples 20</p>	<p>BREAKFAST Smucker's Maple Snack n' Waffle 33</p> <p>LUNCH Choose One: Chicken Tenders w/ Dinner Roll 14 Beanie Weenies 31 w/ Dinner Roll 14</p> <p>Choose Two: Creamy Mashed Potatoes 31 Seasoned Greens 4 Crisp Garden Salad 2 Sliced Pears 31</p>	<p>BREAKFAST Cheesy Mozzarella Stix 15</p> <p>LUNCH Choose One: Fish Sandwich 29 Grilled Cheese Sandwich 22</p>  <p>Choose Two: Sweet Corn 24 Green Peas 19 Crisp Garden Salad 2 Fresh Orange 11</p>
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
<p>BREAKFAST Super Donut 43</p> <p>LUNCH Choose One: Chicken Rings w/ Dinner Roll 14 Pork BBQ Sandwich 19</p> <p>Choose Two: Scalloped Potatoes 21 Seasoned Greens 4 Crisp Garden Salad 2 Sliced Peaches 19</p>	<p>BREAKFAST Mini Berry French Toast 32</p> <p>LUNCH Choose One: Nacho's w/ Meat & Cheese 14 State Fair Corn Dog 33</p> <p>Choose Two: Pinto Beans 23 Sweet Corn 24 Crisp Garden Salad 2 Honey Tangerine 12</p> <p>TREAT: Mini Rice Krispy</p>  <p>First Day of Spring</p>	<p>BREAKFAST Jimmy Dean Sausage Biscuit 15</p> <p>LUNCH Choose One: BBQ Chicken w/ Whole Wheat Yeast Roll 24 Toasted Ham & Cheese 22</p> <p>Choose Two: Mashed Potatoes 3 Steamed Cabbage 5 Crisp Garden Salad 2 NC Apple Slices 19</p>	<p>BREAKFAST Assorted Cereal Bowl 37 46 48</p> <p>LUNCH Choose One: Pork Tips & Gravy w/ Dinner Roll 14 Fishing Trout Treasures w/ Roll 14</p> <p>Choose Two: Steamed Broccoli & Cheese 6 Black Eye Peas 27 Crisp Garden Salad 2 Jell-O Pear Cup 45 Choose One: Rice</p>	<p>BREAKFAST Cherry Frudel 36</p> <p>LUNCH Choose One: Chicken Fajita 23 Cheesy Mozzarella Stix 30</p> <p>Choose Two: Field Peas 33 Green Beans 6 Crispy Garden Salad 2 Mixed Fruit 19</p> 
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30
<p>BREAKFAST Apple Cinnamon Breakfast Bar 48</p> <p>LUNCH Choose One: Fiesta Pizza 54 PBJ Sandwich 36</p>  <p>Choose Two: Field Peas 33 Sweet Corn 24 Crisp Garden Salad 2 Sliced Pears 31</p>	<p>BREAKFAST Blueberry Muffin 45</p> <p>LUNCH Choose One: Chicken Fillet Sandwich 54 Corn Dog Nuggets 32</p> <p>Choose Two: Au Gratin Potatoes 20 Black Eye Peas 22 Crisp Garden Salad 2 Pineapple Tidbits 31</p>	<p>BREAKFAST Cinnamon Tastrie 38</p> <p>LUNCH Choose One: Saucy Spaghetti 31 w/ Breadstix 19 Toasted Cheese Sandwich 22</p>  <p>Choose Two: Green Beans 6 Glazed Carrots 22 Crispy Garden Salad 2 Mixed Fruit 19</p>	<p>BREAKFAST Pancake Stix 30</p> <p>LUNCH Choose One: Chicken BBQ Sandwich 25 Fish Stix 19 w/ Roll 14</p> <p>Choose Two: Baked Potato 38 Green Peas 19 Creamy Cole Slaw 6 Fresh Apple 19</p>	<p>BREAKFAST General Mills Cinni Minis 40</p> <p>LUNCH Choose One: Hot Dog 15 w/ Chili 5 Grilled Chicken Sandwich 16</p> <p>Choose Two: Baked Beans 33 Sweet Potato Puffs 25 Crisp Garden Salad 2 Sliced Peaches 19</p> 