



Lee County Schools – Preschool Menus for March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
February 27 <u>Breakfast</u> Cereal <u>Lunch</u> Comdog Nuggets Crinkle Cut French Fries Applesauce Cup Milk	February 28 <u>Breakfast</u> Muffin <u>Lunch</u> Beef Nachos w Salsa Southwest Corn Mixed Berry Cup Milk	March 1 <u>Breakfast</u> Cereal <u>Lunch</u> Chicken Alfredo Roasted Broccoli Peach Cup Milk	March 2 <u>Breakfast</u> Muffin <u>Springtime Picnic Lunch</u> Turkey and Cheese Sandwich Baby Carrots w Dip Cranberries Milk	March 3 <u>Breakfast</u> Cereal <u>Lunch</u> Pizza Green Beans Strawberry Cup Milk
March 6 <u>Breakfast</u> Cereal <u>Lunch</u> Macaroni & Cheese Green Beans Strawberry Cup Milk	March 7 <u>Breakfast</u> Muffin <u>Lunch</u> Hot Honey Chicken over Fried Rice Roasted Broccoli Sweet Carrots Milk	March 8 <u>Breakfast</u> Cereal <u>Lunch</u> Baked Spaghetti Buttery Corn Peach Cup Milk	March 9 <u>Breakfast</u> Muffin <u>Springtime Picnic Lunch</u> Turkey Ham and Cheese Sandwich Baby Carrots w Dip Apple Slices Milk	March 10 <u>Breakfast</u> Cereal <u>Lunch</u> Ranchero Pizza Garden Salad Mixed Berry Cup Milk
March 13 <u>Breakfast</u> Cereal <u>Lunch</u> Comdog Nuggets Crinkle Cut French Fries Applesauce Cup Milk	March 14 <u>Breakfast</u> Muffin <u>Lunch</u> Beef Nachos w Salsa Southwest Corn Mixed Berry Cup Milk	March 15 <u>Breakfast</u> Cereal <u>Lunch</u> Chicken Alfredo Roasted Broccoli Peach Cup Milk	March 16 <u>Breakfast</u> Muffin <u>Springtime Picnic Lunch</u> Turkey and Cheese Sandwich Baby Carrots w Dip Apple Slices Milk	March 17 <u>Breakfast</u> Cereal <u>Lunch</u> Pizza Cheese Sticks w Marinara Green Beans Strawberry Cup Milk
March 20 <u>Breakfast</u> Cereal <u>Lunch</u> Macaroni & Cheese Green Beans Strawberry Cup Milk	March 21 <u>Breakfast</u> Muffin <u>Lunch</u> Hot Honey Chicken over Fried Rice Roasted Broccoli Sweet Carrots Milk	March 22 <u>Breakfast</u> Cereal <u>Lunch</u> Baked Spaghetti Buttery Corn Peach Cup Milk	March 23 <u>Breakfast</u> Muffin <u>Springtime Picnic Lunch</u> Turkey Ham and Cheese Sandwich Baby Carrots w Dip Apple Slices Milk	March 24 <u>Breakfast</u> Cereal <u>Lunch</u> Chicken Quesadilla Pizza Texas Pintos Mixed Berry Cup Milk
March 27 <u>Breakfast</u> Cereal <u>Lunch</u> Comdog Nuggets Crinkle Cut French Fries Applesauce Cup Milk	March 28 <u>Breakfast</u> Muffin <u>Lunch</u> Beef Nachos w Salsa Southwest Corn Mixed Berry Cup Milk	March 29 <u>Breakfast</u> Cereal <u>Lunch</u> Chicken Alfredo Roasted Broccoli Peach Cup Milk	March 30 <u>Breakfast</u> Muffin <u>Springtime Picnic Lunch</u> Turkey and Cheese Sandwich Baby Carrots w Dip Apple Slices Milk	March 31 <u>Breakfast</u> Cereal <u>Lunch</u> French Bread Pizza Green Beans Strawberry Cup Milk

Nutrition Byte

Dig In to School Breakfast!

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 North Carolina 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 6-10 is National School Breakfast Week (NSBW). The #NSBW2023 theme is "Dig In to School Breakfast". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

Nutrilink: For NSBW info and resources, visit www.schoolnutrition.org. For more info on school breakfast in our state, visit <https://bit.ly/3qdAJJo7>