

## SCOOP FROM THE CHILD NUTRITION DEPARTMENT

Welcome to March. The days are becoming longer and Spring will soon be here. March is also the month we celebrate National School Breakfast Week.

NSBW is March 1 to 5, 2010. Breakfast is the most important meal of the day. Students who eat breakfast are ready to learn when they enter their classrooms. Studies show that children who eat breakfast, whether it's at home or at school have fewer incidents of tardiness, fewer visits to the nurse's office and are more attentive in class. It really is hard to pay attention if your tummy keeps telling you how hungry you are.

Join us in celebrating national School Breakfast week. All menus offer some new and different items for breakfast. On Monday Mighty Muffin Squares are featured. They are spicy and sweet. Wednesday is Baked French Toast Stix and Warm Cinnamon Apple slices. Thursday is exciting with fresh Kiwi and a Breakfast Burrito with eggs, ham and cheese. Friday's menu has Yogurt made locally and a great granola.

The elementary menu has a new addition. Chicken nuggets will be the second lunch option along with the usual varieties of pizza and good old PBJ sandwiches.

GMS and GHS will be having a Big Daddy's Pizza contest. Twice during the month of March each day a student purchases a lunch they will get a ticket to enter in the Big Daddy's pizza contest. On Friday when we are serving Big Daddy's three lucky students will win a whole Big Daddy's pizza when their name is drawn from the entries. There will be one winner for each lunch period. So remember to buy your lunch on March 8, 9, 10, and 11; then fill out your ticket and put it in the prize bucket. Maybe you'll be the lucky winner of a whole Big Daddy's Pizza to share with your friends on Friday, March 12. We will repeat the contest on March 22, 23, 24 and 25. All students regardless of their paying status are eligible for the contest.

We will be featuring two new lunch items on the menu. March 16<sup>th</sup> we are having a soft and crunchy taco. This is a soft taco with cheese wrapped around a crunchy taco with meat, cheese, lettuce and salad. It's like your favorite Mexican chain restaurant. Chicken Bacon Ranch pizza will be new on March 19<sup>th</sup>. This pizza starts with a regular pizza shell then ranch dressing, chicken, crumbled bacon and topped with mozzarella cheese. We hope you try this pizza, we think it's a winner.

Enjoy Spring!