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**National School Breakfast Week
March 4-8, 2024**

Breakfast means - "to break the fast." It is the first meal of the day after a long period of not eating overnight.

A quick breakfast bite may be helpful in keeping you feeling satisfied and cheery until lunchtime. Studies have shown that eating breakfast can help students concentrate better in class!

Breakfast gives us the opportunity to fuel our bodies with important nutrients, such as fiber, folate, calcium, iron, vitamin A, vitamins B1, B2, B3, vitamin C, and vitamin D. If you are skipping breakfast, you could be missing out on these essential nutrients.

If you usually grab a breakfast at school, great; but if you don't, consider giving it a try! There is no charge to students for their breakfast meal!

Pittsylvania County Schools /
HIGH Schools / March 2024



Start your day with breakfast at school!
Breakfast is offered every day at no charge.

With a school breakfast, students can choose one (1) entrée of their choice from many options such as biscuits, cereals, breakfast bars, & pastries.

In addition, fresh fruit, 100% fruit juice, and milk are offered too, and students may choose one of each!

Students simply pick up breakfast from the cafeteria and can take it with them to eat in their homeroom classes.

School Breakfast Week

March 4-8, 2024

No School

Friday, March 15, 2024

St. Patrick's Day

Sunday, March 17, 2024

1st day of spring

Tuesday, March 19, 2024



				Friday, March 1, 2024
				<u>Lunch Meal Options</u> Big Daddy's™ Pizza Wedge Fresh Garden Salad Steamed Corn Fresh Fruit and Fruit Cup or Build-your-own Baked Potato with Chili, Cheese, WG Crackers & potato toppings Fresh Garden Salad Fresh Fruit and Fruit Cup
Monday, March 4, 2024	Tuesday, March 5, 2024	Wed., March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024
<u>Lunch Meal Options</u> ¹ Chicken Filet Sandwiches <i>Grilled, Original or Spicy</i> or ² BBQ Sandwich Chips Baked Beans Fresh Baby Carrots Fresh Fruit and Fruit Cup or Chef Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> ¹ Grilled Cheese, ² PBJ or ³ SunButter & Jelly Sandwich Home-made Tomato Soup Roasted Baby Potatoes Fresh Fruit and Fruit Cup or Grilled Chicken Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> ¹ Chicken Fajita Strips or ² Taco Tostitos® Tortilla Chips Cheese, Salsa, Guacamole Steamed Corn, Rice Pilaf Fresh Fruit and Fruit Cup or Chef Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> ¹ Ham on Croissant with Chips or ² Mandarin Orange Chicken and Rice, Vegetable Egg Roll Fresh Steamed Broccoli Fresh Sweet Bell Peppers Fresh Fruit and Fruit Cup or Grilled Chicken Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> Big Daddy's™ Pizza Wedge BLT Chop Salad Roasted Cauliflower Fresh Fruit and Fruit Cup or Build-your-own Baked Potato with Chili, Cheese, WG Crackers & potato toppings BLT Chop Salad Roasted Cauliflower Fresh Fruit and Fruit Cup

Continued on back



Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024
<u>Lunch Meal Options</u> ¹ BBQ Sandwich or ² Chicken Tenders with Whole Grain Roll Steakhouse Sweet Potato Green Beans Fresh Fruit and Fruit Cup or Chef Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> ¹ Cheeseburger or ² ChickenBurger L/T/P Chips, Baked Beans, BLT Chop Salad, Fresh Fruit and Fruit Cup or Grilled Chicken Salad with Whole Grain Crackers Baked Beans Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> ¹ Turkey Roast or ² Sliced Ham Dinner Roll Lima Beans Mashed Potatoes Fresh Fruit and Fruit Cup or Grilled Chicken Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> Pizza Crunchers with Marinara Fresh Garden Salad Fresh Steamed Broccoli Fresh Fruit and Fruit Cup or Build-your-own Baked Potato with Chili, Cheese, WG Crackers & potato toppings Fresh Garden Salad Fresh Steamed Broccoli Fresh Fruit and Fruit Cup	Holiday for Students No School
Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024
<u>Lunch Meal Options</u> ¹ Hotdog on Bun or ² ChickenBurger French Fries Baked Beans, Cole Slaw Fresh Fruits and Fruit Cup or Chef Salad with Whole Grain Crackers Baked Beans Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> ¹ Chicken Fajita Strips or ² Taco Tortilla Chips, Cheese, Salsa, Steamed Corn, Seasoned Rice Fresh Fruit and Fruit Cup or Grilled Chicken Salad with WG Crackers and Fruits 	<u>Lunch Meal Options</u> ¹ Grilled Cheese, ² PBJ or ³ SunButter & Jelly Sandwich Chicken and Rice Soup, Crackers Assorted Fresh Veggies Fresh Fruit and Fruit Cup Chocolate Chip Cookie or Chef Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup Chocolate Chip Cookie	<u>Lunch Meal Options</u> ¹ Manager's Choice Sandwich with Chips or ² Mandarin Orange Chicken and Rice, Vegetable Egg Roll Fresh Steamed Broccoli Fresh Bell Peppers Strips Fresh Fruit and Fruit Cup or Grilled Chicken Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> Big Daddy's™ Pizza Wedge BLT Chop Salad Manager Planned Vegetable Fresh Strawberries and Fruit Cup or Build-your-own Baked Potato with Chili, Cheese, WG Crackers & potato toppings BLT Chop Salad Manager Planned Veggies Fresh Strawberries and Fruit Cup
Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
<u>Lunch Meal Options</u> ¹ Chicken Smackers with Roll or ³ SunButter & Jelly Sandwich Fresh Baked Potato (with margarine & sour cream) Green Beans Fresh Fruit and Fruit Cup or Chef Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	<u>Lunch Meal Options</u> Choice of ¹ Turkey Sub, ² Ham Sub, or ³ PBJ Chips, Pasta Salad Fresh Carrots, Baked Beans Fresh Fruit and Fruit Cup Triple Chocolate Filled Cookie or Grilled Chicken Salad with WG Crackers, Baked Beans Fresh Fruit and Fruit Cup Triple Chocolate Filled Cookie	<u>Lunch Meal Options</u> ¹ Roasted Chicken Legs or ² Pulled Pork BBQ Dinner Roll Mashed Potatoes Turnip Greens Fresh Fruit and Fruit Cup or Chef Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup	Manager Planned Menu Today	<u>Lunch Meal Options</u> Pizza Crunchers with Marinara Sauce Steamed Corn Manager Planned Veggie Fresh Fruit and Fruit Cup or Grilled Chicken Salad with Whole Grain Crackers Fresh Fruit and Fruit Cup