













Bethel Hill Charter School Breakfast Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				March 1
				Sausage Biscuit or Toast and Cereal
				Fresh Fruit
				Juice
				Lowfat or Fat Free Milk
March 4	March 5	March 6	March 7	March 8
French Toast or	Cinnamon Roll or	Max Stix or	No	No
Toast and Cereal	Toast and Cereal	Toast and Cereal	School	School
Fresh Fruit Juice	Fresh Fruit Juice	Fresh Fruit Juice	Concor	0011001
Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk		
March 11	March 12	March 13	March 14	March 15
French Toast or	Cinnamon Roll or	Max Stix or	Waffle or	Sausage Biscuit or
Toast and Cereal	Toast and Cereal	Toast and Cereal	Toast and Cereal	Toast and Cereal
Fresh Fruit Juice	Fresh Fruit Juice	Fresh Fruit Juice	Fruit Juice	Fresh Fruit Juice
Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk
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March 18	March 19	March 20	March 21	March 22
French Toast or	Cinnamon Roll or	Max Stix or	Waffle or	Sausage Biscuit or
Toast and Cereal Fresh Fruit	Toast and Cereal Fresh Fruit	Toast and Cereal Fresh Fruit	Toast and Cereal Fruit	Toast and Cereal Fresh Fruit
Juice	Juice	Juice	Juice	Juice
Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat free Milk	Lowfat or Fat Free Milk
March 25	March 26	March 27	March 28	March 29
French Toast or	Cinnamon Roll or	Max Stix or	Waffle or	No
Toast and Cereal	Toast and Cereal	Toast and Cereal	Toast and Cereal	School
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fruit	Scriooi
Juice Lowfat or Fat Free Milk	Juice Lowfat or Fat Free Milk	Juice Lowfat or Fat Free Milk	Juice Lowfat or Fat Free Milk	
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Families Making the Connection

Surf's Up with School Breakfast

March 4-8 is National School Breakfast Week (NSBW), "Surf's Up with School Breakfast". #NSBW2024 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free

milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.

Learn more about NSBW at www.schoolnutrition.org/nsbw. For more info on school breakfast in our state, visit https://bit.ly/3qdAJo7.

















Bethel Hill Charter School Lunch Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				March 1
				Pizza or
				Chicken Salad
				Pinto Beans Carrots / Tossed Salad
				Fresh Fruit
				Lowfat or Fat Free Milk
March 4	March 5	March 6	March 7	March 8
Chicken Sandwich or	BBQ Sandwich or	Hotdogs or	No	No
Baked Potato with Roll	Turkey Wrap	Fish Sandwich	School	School
Sweet Peas	Black Eyed Peas	Tossed Salad	0000.	3 5 3 5.
Tossed Salad Peaches	Tossed Salad Fresh Fruit	Coleslaw / Baked Beans Peaches		
Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk		
March 11	March 12	March 13	March 14	March 15
Chicken Nuggets or	Corndog or	Spaghetti with Roll or	Vegetable Soup with	Pizza or
Ham & Cheese Sub	Fish Nugget w hush puppies	Turkey Wrap	Grilled Cheese or	Chicken Salad
Broccoli & Cheese	Baked Beans	Tossed Salad	Peanut Butter Sandwich	Pinto Beans
French Fries	Coleslaw	Black Eyed Peas	Chocolate Chip Cookies	Carrots
Tossed Salad / Peaches	Tossed Salad / Mixed Fruit	Mixed Fruit	Carrots / Fresh Fruit	Tossed Salad / Fresh Fruit
Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk
March 18	March 19	March 20	* Last Soup Day* March 21	March 22
Chicken Sandwich or Baked Potato with Roll	BBQ Sandwich or	Hotdogs or Fish Sandwich	Taco Salad or Chicken Fajita	Pizza or Chicken Salad
Sweet Peas	Turkey Wrap Black Eyed Peas	Tossed Salad	Corn	Pinto Beans
Tossed Salad	Tossed Salad	Coleslaw	Tossed Salad	Carrots / Tossed Salad
Peaches	Fresh Fruit	Baked Beans / Peaches	Fresh Fruit	Fresh Fruit
Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	Lowfat or Fat Free Milk
March 25	March 26	March 27	March 28	March 29
Chicken Nuggets	Corndog or	Spaghetti with Roll or	Taco Salad or	No
Ham & Cheese Sub	Fish Nuggets with Hush	Turkey Wrap	Chicken Fajita	School
Broccoli & Cheese	Puppies	Tossed Salad	Corn	
French Fries	Baked Beans / Coleslaw	Black Eyed Peas	Tossed Salad	
Tossed Salad / Peaches Lowfat or Fat Free Milk	Tossed Salad / Mixed Fruit Lowfat or Fat Free Milk	Mixed Fruit Lowfat or Fat Free Milk	Fresh Fruit Lowfat or Fat Free Milk	
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