



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 French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 5 Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 6 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 7 No School	March 8 No School
March 11 French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 12 Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 13 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 14 Waffle or Toast and Cereal Fruit Juice Lowfat or Fat Free Milk	March 15 Sausage Biscuit or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
March 18 French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 19 Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 20 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 21 Waffle or Toast and Cereal Fruit Juice Lowfat or Fat free Milk	March 22 Sausage Biscuit or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
March 25 French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 26 Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 27 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	March 28 Waffle or Toast and Cereal Fruit Juice Lowfat or Fat Free Milk	March 29 No School

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

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