

March 2024 ECE Breakfast Menu

ONE-TABLE

Monday

- 4**
- Bagel w/ Cream Cheese **V**
 - Mixed Fruit Salad

Tuesday

- 5**
- Vanilla Yogurt w/ Graham Crackers **V**
 - Fresh Tangerine

Wednesday

- 6**
- Cinnamon French Toast Bites
 - Fresh Whole Apples

Thursday

- 7**
- French Toast Sticks **VE**
 - Fresh Apple Slices

Friday

- 8**
- Egg & Potato Breakfast Burrito
 - Fresh Banana



National School Breakfast Week!



- 11**
- Vanilla Yogurt w/ Graham Cracker
 - Frozen Blueberries

- 12**
- Cranberry Orange Sunrise Round **V**
 - Orange Wedges

- 13**
- Egg & Cheese Bagel Sandwich **V**
 - Cantaloupe

14
NO SCHOOL

15
NO SCHOOL

- 18**
- French Toast Sticks w/ Syrup **VE**
 - Fresh Apple

- 19**
- Scrambled Eggs w/ Toast **V**
 - Pineapple Tidbits

- 20**
- Tropical Mango Round **V**
 - Fresh Banana

- 21**
- Bagel w/ Cream Cheese **V**
 - Orange Wedges

- 22**
- Vanilla Yogurt w/ Graham Crackers **V**
 - Fresh Tangerine

- 25**
- Strawberry Yogurt w/ Graham Crackers
 - Orange Wedges

- 26**
- Egg & Potato Breakfast Burrito
 - Fresh Tangerine

- 27**
- Cranberry Orange Sunrise Round **V**
 - Applesauce

- 28**
- Bagel w/ Cream Cheese **V**
 - Banana

- 29**
- Strawberry Oatmeal **VE**
 - Strawberry Cup

For an interactive menu a
nutrient information, please visit
us on dcps.sodexomyway.com

Offered Daily:
Skim or 1% Milk

Assorted Cereals:
Cheerios, Rice Chex, Cinnamon
Chex

VE – Vegan
V- Vegetarian

All Grains are whole grain rich

March 2024 ECE Lunch Menu

ONE-TABLE

Monday

Tuesday

Wednesday

Thursday

Friday

4

- Veggie Burger **V**
- Deli Bento Box
- Sweet Potato Fries
- Apple Slices

5

- Egg & Cheese Breakfast Burrito **V**
- Breakfast Pizza w/ Turkey Sausage
- Fiesta Roasted Potatoes
- Orange Slices

6

- Cheese Burger
- Bean & Cheese Burrito **V**
- Baked Plantains
- Frozen Blueberries
- Burger Toppings

7

- Spaghetti & Rainbow Marinara **V**
- Sunbutter & Jelly Sandwich **VE**
- Citrus Glazed Carrots
- Banana

8

- Cheese Pizza **V**
- Turkey & Cheese Sandwich
- Cheese Pizza **V**
- Roasted Broccoli & Red Peppers
- Apple Sauce



National School Breakfast Week!



11

- Beef Enchiladas
- Cheese Filled Breadstick w/ Marinara **V**
- Refried Pinto Beans
- Diced Pears

12

- Chicken Nuggets
- Mac & Cheese **V**
- Citrus Glazed Carrots
- Apple Slices

13

- Shepherds Pie w/ Beef Crumbles & Biscuit
- Broccoli & Cheddar Baked Potato **V**
- Roasted Broccoli
- Green Apples

14

NO SCHOOL

15

NO SCHOOL

18

- Grilled Cheese Sandwich **V**
- Spaghetti & Marinara Sauce **V**
- Baby Carrots
- Frozen Blueberries

19

- Baked Penne
- Tuna Salad
- Mixed Garden Vegetables
- Apple Slices

20

- Grilled Chicken Sandwich
- Sweet & Sour Tofu Fried Rice **V**
- Roasted Broccoli & Carrots
- Orange Wedges

21

- Popcorn Chicken Bowl w/ Corn & Mashed Potatoes
- Sunbutter & Jelly Sandwich **V**
- Roasted Cauliflower
- Banana

22

- Beef Enchilada
- Cheese Pizza **V**
- Mexican Corn
- Cantaloupe

25

- Beef & Cheese Nachos
- Bean & Cheese Burrito
- Mexican Black Beans
- Apple Slices

26

- Crispy Chicken Nuggets
- Sunbutter & Jelly Sandwich
- Tater Tots
- Frozen Blueberries

27

- Cheese-filled Breadsticks w/ Marinara Sauce **V**
- Turkey & Cheese Sandwich
- Roasted Broccoli
- Banana

28

- Chili con Carne w/ Cheese & Breadstick
- Caprese Grilled Cheese Sandwich **V**
- Crinkle Cut Fries
- Mandarin Oranges

29

- Chicken Salad Sandwich
- Broccoli & Cheese Baked Potato **V**
- Blue Ribbon Coleslaw
- Apple Sauce

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Students choice:
Skim or 1% hormone free milk and salad bar w/ assorted fruits and vegetables offered at every meal

VE – Vegan
V- Vegetarian

All Grains are whole grain rich

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, USDA data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day.

Studies show that students who eat school breakfast are more likely to:

- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Reach higher levels of achievement in math
- Score higher on standardized tests

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students.

A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.

Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few females who have changed the way we look at food.

Edna Lewis was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt, and more!

Julia Child was a famous chef, author and television icon, Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

Buwei Yang Chao was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

Alice Waters is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free-from pesticides and herbicides foods. She has also always had a passion for promoting healthy living with children.

Want to keep up with us and receive more nutrition tips?

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For an interactive menu and nutrient information visit us at dcps.sodexomyway.com