



Oneida • Herkimer • Madison

BOCES

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Nutrition Notes: March 2017

National School Breakfast Week!!

#NSBW17

take the

SCHOOL BREAKFAST Challenge

Parents: Are your mornings hectic? Take advantage of healthy breakfast options at school.

National School Breakfast Week
March 6-10, 2017

www.schoolnutrition.org/SchoolMeals

@Schoolnutritionassoc
www.facebook.com/TrayTalk
 @SchoolLunch

“The School Breakfast Program Serves over **14 million** children every school day.”

Made possible by:

Breakfast menu March 6-10:

⁶ Whole Grain Pancakes w/ Maple Syrup Assorted Whole Grain Cereals Whole Grain Toast	⁷ Assorted WG Muffins (1 w/ or w/o 1 SI Toast) Assorted Whole Grain Cereals Whole Grain Toast	⁸ Homemade Breakfast Pizza!!! Assorted Whole Grain Cereals Whole Grain Toast	⁹ Toasted Bagel with Cream Cheese or Jelly Assorted Whole Grain Cereals Whole Grain Toast	¹⁰ WG Pancake & Sausage Stick Assorted Whole Grain Cereals Whole Grain Toast
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Available Daily: Fresh and chilled fruit, low-fat and fat free NYS Milk

All students can choose 1 or 2 whole grains (or protein) plus milk and 1 or 2 half cup servings of fruit