



Columbus County Schools Pre-K, Elementary, & Middle School Lunch Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability.	Lunch includes choice of low-fat or fat-free milk.			March 1 Chicken Filet Sandwich Pork Barbecue on Bun Sweet Potato Fries Baked Beans Fresh Fruit
March 4 Cheese Pizza Pepperoni Pizza Sliced Carrots Potato Wedges Mixed Fruit Cup	March 5 Hot Dog w/Chili Fish Sticks w/Corn Muffin Baked Beans Corn Peach Cup	March 6 Steak w/Gravy Chicken Nuggets Roll Mashed Potatoes Green Beans Fresh Orange Wedges	March 7 Spaghetti Chicken Drum Stick Garlic Knot Steamed Broccoli Garden Salad Chilled Pears	March 8 Cheeseburger on Bun Pork Rib on Bun Sweet Potato Fries Lima Beans Fresh Fruit
March 11 Cheese Pizza Pepperoni Pizza Oven Baked Fries Baby Carrots w/Dip Mandarin Orange Cup	March 12 Mozzarella Cheese Bites w/Marinara Sloppy Joe on Bun Broccoli Glazed Carrots Applesauce Cup	March 13 General Tso Chicken w/Brown Rice Corn Dog Nuggets Mixed Vegetables Corn Fresh Banana	March 14 Barbecued Chicken Baked Ham Roll Broccoli w/Cheese Sauce Garden Salad Pineapple Cup	March 15 Chicken Tenders w/Roll Ham & Cheese Sandwich Sweet Potato Fries Baked Beans Fresh Fruit
March 18 Cheese Pizza Pepperoni Pizza Baby Carrots w/Dip Garden Peas Chilled Pears	March 19 Chicken Chunks w/Roll Corn Dog Oven Baked Fries Mixed Vegetables Pineapple Cup	March 20 Turkey Soft Taco Chicken Fajita Pinto Beans Corn Fresh Apple	March 21 Chicken Alfredo Chef Salad Garlic Breadstick Steamed Broccoli Green Beans Frozen Slushie Cup	March 22 Chicken Filet Sandwich Pork Barbecue on Bun Sweet Potato Fries Baked Beans Fresh Fruit
March 25 Cheese Pizza Pepperoni Pizza Sliced Carrots Potato Wedges Mixed Fruit Cup	March 26 Hot Dog w/Chili Fish Sticks w/Corn Muffin Baked Beans Corn Peach Cup	March 27 Steak w/Gravy Chicken Nuggets Roll Mashed Potatoes Green Beans Fresh Orange Wedges	March 28 Spaghetti Chicken Drum Stick Garlic Knot Steamed Broccoli Garden Salad Chilled Pears	March 29 No School Teacher Workday

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>.



Columbus County Schools Junior-Senior HS Lunch Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability.	Lunch includes choice of low-fat or fat-free milk.			March 1 Spicy Chicken Sandwich Pork Barbecue on Bun Sweet Potato Fries Baked Beans Fresh Fruit
March 4 Cheese Pizza Pepperoni Pizza Sliced Carrots Potato Wedges Marinara Sauce Cup Mixed Fruit Cup Fruit Choice	March 5 Hot Dog w/Chili Fish Sticks w/Corn Muffin Baked Beans Corn Peach Cup Fruit Choice	March 6 Steak w/Gravy Chicken Nuggets Roll Mashed Potatoes Green Beans Fresh Apple Fruit Choice	March 7 Spaghetti Chicken Drum Stick Garlic Knot Steamed Broccoli Garden Salad Chilled Pears Fruit Choice	March 8 Bacon Cheeseburger Pork Rib on Bun Sweet Potato Fries Lima Beans Fresh Fruit Fruit Choice
March 11 Cheese Pizza Pepperoni Pizza Oven Baked Fries Baby Carrots w/Dip Marinara Sauce Cup Mandarin Orange Cup Fruit Choice	March 12 Mozzarella Cheese Bites w/Marinara Sloppy Joe on Bun Glazed Carrots Corn Applesauce Cup Fruit Choice	March 13 General Tso Chicken w/Brown Rice Corn Dog Nuggets Mixed Vegetables Green Beans Fresh Banana Fruit Choice	March 14 Barbecued Chicken Baked Ham Roll Broccoli w/Cheese Sauce Garden Salad Pineapple Cup Fruit Choice	March 15 Chicken Wings w/Roll Ham & Cheese Sandwich Sweet Potato Fries Baked Beans Fresh Fruit Fruit Choice
March 18 Cheese Pizza Pepperoni Pizza Baby Carrots w/Dip Garden Peas Marinara Sauce Cup Chilled Pears Fruit Choice	March 19 Chicken Chunks w/Roll Corn Dog Oven Baked Fries Mixed Vegetables Pineapple Cup Fruit Choice	March 20 Turkey Soft Taco Chicken Fajita Pinto Beans Corn Fresh Apple Fruit Choice	March 21 Chicken Alfredo Chef Salad Garlic Breadstick Steamed Broccoli Green Beans Frozen Slushie Cup Fruit Choice	March 22 Spicy Chicken Sandwich Pork Barbecue on Bun Sweet Potato Fries Baked Beans Fresh Fruit
March 25 Cheese Pizza Pepperoni Pizza Sliced Carrots Potato Wedges Marinara Sauce Cup Mixed Fruit Cup Fruit Choice	March 26 Hot Dog w/Chili Fish Sticks w/Corn Muffin Baked Beans Corn Peach Cup Fruit Choice	March 27 Steak w/Gravy Chicken Nuggets Roll Mashed Potatoes Green Beans Fresh Apple Fruit Choice	March 28 Spaghetti Chicken Drum Stick Garlic Knot Steamed Broccoli Garden Salad Chilled Pears Fruit Choice	March 29 No School Teacher Workday

Nutrition Byte

Surf's Up with School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain.
- Helps establish healthy eating habits.
- Offers an opportunity to try new foods.
- Improves mood and behavior.
- Gives you energy.
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. All students can participate.

March 4-8 is National School Breakfast Week (NSBW). The #NSBW2024 theme is "Surf's Up with School Breakfast". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

Nutrilink: For NSBW info and resources, visit www.schoolnutrition.org. For more info on school breakfast in our state, visit <https://bit.ly/3qdAJo7>.

This institution is an equal opportunity provider.
<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>



Columbus County Schools K-12 Breakfast Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability.	Breakfast includes choice of low-fat or fat-free milk.			March 1 Breakfast Pizza Fresh Apple 100% Fruit Juice
March 4 Chicken Biscuit Peach Cup 100% Fruit Juice	March 5 Banana Bread Slice Mixed Berry Cup 100% Fruit Juice	March 6 Turkey Ham & Cheese on Croissant Mandarin Orange Cup 100% Fruit Juice	March 7 French Toast Sticks Fresh Banana 100% Fruit Juice	March 8 Breakfast Muffin Fresh Apple 100% Fruit Juice
March 11 Chicken & Waffle Sandwich Pear Cup 100% Fruit Juice	March 12 Sausage Biscuit Applesauce Cup 100% Fruit Juice	March 13 Cinnamon Bun Mandarin Orange Cup 100% Fruit Juice	March 14 Mini Waffles Fresh Banana 100% Fruit Juice	March 15 Super Donut Fresh Apple 100% Fruit Juice
March 18 Pancake-Wrapped Pork Sausage on a Stick Mandarin Orange Cup 100% Fruit Juice	March 19 Sausage Biscuit Peach Cup 100% Fruit Juice	March 20 Mini Pancakes Pear Cup 100% Fruit Juice	March 21 Mini Powdered Donuts Fresh Banana 100% Fruit Juice	March 22 Breakfast Pizza Fresh Apple 100% Fruit Juice
March 25 Chicken Biscuit Peach Cup 100% Fruit Juice	March 26 Banana Bread Slice Mixed Berry Cup 100% Fruit Juice	March 27 Turkey Ham & Cheese on Croissant Mandarin Orange Cup 100% Fruit Juice	March 28 French Toast Sticks Fresh Banana 100% Fruit Juice	March 29 No School Teacher Workday

Families Making the Connection

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Columbus County Schools Pre-K Breakfast Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability.				March 1 Breakfast Pizza Fresh Apple Cold Milk
March 4 Chicken Biscuit Peach Cup Cold Milk	March 5 Banana Bread Slice Mixed Berry Cup Cold Milk	March 6 Turkey Ham & Cheese on Croissant Mandarin Orange Cup Cold Milk	March 7 French Toast Sticks Fresh Banana Cold Milk	March 8 Breakfast Muffin Fresh Apple Cold Milk
March 11 Chicken & Waffle Sandwich Pear Cup Cold Milk	March 12 Sausage Biscuit Applesauce Cup Cold Milk	March 13 Breakfast Muffin Mandarin Orange Cup Cold Milk	March 14 Mini Waffles Fresh Banana Cold Milk	March 15 Banana Bread Slice Fresh Apple Cold Milk
March 18 Pancake-Wrapped Pork Sausage on a Stick Mandarin Orange Cup Cold Milk	March 19 Sausage Biscuit Peach Cup Cold Milk	March 20 Mini Pancakes Pear Cup Cold Milk	March 21 Chicken Biscuit Fresh Banana Cold Milk	March 22 Breakfast Pizza Fresh Apple Cold Milk
March 25 Chicken Biscuit Peach Cup Cold Milk	March 26 Banana Bread Slice Mixed Berry Cup Cold Milk	March 27 Turkey Ham & Cheese on Croissant Mandarin Orange Cup Cold Milk	March 28 French Toast Sticks Fresh Banana Cold Milk	March 29 No School Teacher Workday

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Columbus County Schools Pre-K Snack Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability.	wg = whole grain rich			March 1 Frozen Mixed Fruit Cup Cold Milk
March 4 Cheez-It Crackers (wg) Cold Milk	March 5 Mandarin Orange Cup Cold Milk	March 6 Pretzels (wg) Cold Milk	March 7 Applesauce Cup Cold Milk	March 8 Goldfish (wg) Cold Milk
March 11 Frozen Mixed Fruit Cup Cold Milk	March 12 Honey Scooters Cereal (wg) Cold Milk	March 13 Graham Crackers (wg) Cold Milk	March 14 Mandarin Orange Cup Cold Milk	March 15 Cheez-It Crackers (wg) Cold Milk
March 18 Peach Cup Cold Milk	March 19 Animal Crackers (wg) Cold Milk	March 20 Goldfish (wg) Cold Milk	March 21 Strawberry Yogurt Chex Mix (wg) Cold Milk	March 22 Frozen Mixed Fruit Cup Cold Milk
March 25 Cheez-It Crackers (wg) Cold Milk	March 26 Mandarin Orange Cup Cold Milk	March 27 Pretzels (wg) Cold Milk	March 28 Applesauce Cup Cold Milk	March 29 No School Teacher Workday

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