

# "Notes From School"

## **National School Breakfast Week: March 5-9**

Busy weekday mornings make it a challenge for families to find time for a healthy breakfast. However, US Department of Agriculture data show that more students are starting their day with a nutritious breakfast in their school cafeterias. To encourage more families to take advantage of the healthy choices available with school breakfast, the School District of Mondovi will recognize National School Breakfast Week during March 5-9, 2018.

The National School Breakfast Week (NSBW) campaign theme, "I Heart School Breakfast", encourages parents, students, and school officials to get social over school breakfast. Speaking a language kids understand, we're ready to show-and-tell all the benefits of a healthy school breakfast. Students will be encouraged to "Heart School Breakfast" from March 5-9 with special menus, decorations, cafeteria events, and more.

A healthy breakfast at the start of the day is one way to ensure students are getting the best education they can. National School Breakfast Week helps us educate parents and students about all the healthy and appealing choices we offer. The district serves approximately 200-250 breakfast meals daily through the federally funded School Breakfast Program. School nutrition professionals in the School District of Mondovi prepare breakfast and lunches every day that meet federal nutrition standards – limiting fat, calories, and sodium – and encourage students to choose from the fruits, vegetables and whole grains offered with school meals.

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children and to promote the links between eating a good breakfast, academic achievement and healthy lifestyles. The "I Heart School Breakfast" campaign is made possible by the nonprofit School Nutrition Association and Kellogg's Specialty Channels. Parents and students can follow the fun on Facebook.com/TrayTalk.

For more information about school meals, visit the School District of Mondovi website at [www.mondovi.k12.wi.us](http://www.mondovi.k12.wi.us), download the "Mondovi SD" smart

phone app from either iTunes or Google Play, or visit [www.schoolnutrition.org/SchoolMeals](http://www.schoolnutrition.org/SchoolMeals).