

"Notes From School"

National School Breakfast Week: March 7-11

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 7-11, 2016.

The National School Breakfast Week (NSBW) campaign theme, "Wake Up to School Breakfast", reminds the entire school community that school breakfast provides a healthy, energizing start to the day for students. Students will be encouraged to "Wake Up" their minds and bodies during March 7-11 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 over – 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 "Wake Up to 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](https://www.facebook.com/TrayTalk).

For more information about school meals, visit the School District of Mondovi website at www.mondovi.k12.wi.us, download the "Mondovi SD" smart phone app from either iTunes or Google Play, or visit www.schoolnutrition.org/SchoolMeals.