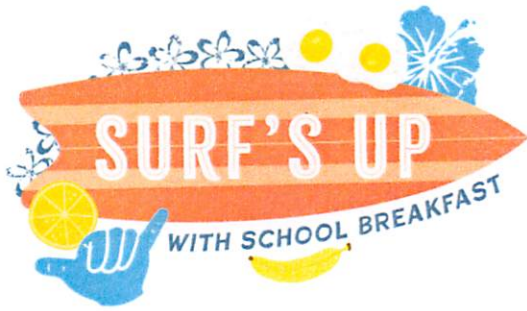


SURF'S UP

WITH SCHOOL BREAKFAST

MARCH 4-8, 2024





National School Breakfast Week 2024 is almost here!

Each year, we celebrate National School Breakfast Week the first full week in March. It is a celebration of school breakfast and the positive it has on students.

National School Breakfast Week 2024 runs March 4-8, 2024. This year's theme is "Surf's Up", so think beach vibes!

NSBW, at its core, is about promoting nutritious breakfast menu items in an engaging way for students. We will be offering a new menu item during NSBW.

Breakfast "Pacos"

Breakfast pancake tacos filled with scrambled eggs, sausage and shredded cheese.



Each school will be receiving posters to hang in your kitchen to promote Breakfast Week. Please hang these on your serving lines where the students will see them. You will also be receiving a packet with materials to use during Breakfast Week. Please make sure you participate in these activities. This packet will include

- Photo Props
- Props you can set out on a cart Monday for students to take "Selfies" with their friends. (You will need to punch these out before using). You can leave these on a cart all week so students have an opportunity to take pictures.
- Activity Sheets
- Activity sheets to pass out to your students at breakfast on Tuesday. If possible, please place these on a cart on each serving line near the register. The students may take one if they would like.
- Stickers-you will get a variety of stickers. You can give these to students who are dressed according to the day's theme (ex. Tuesday-Wear Yellow, Wednesday-Dress like a Surfer, Thursday-Wear Blue, and Friday-Beach Attire).
- Thursday and Friday: Lucky Tray Days. Before serving meals, mark some trays with an "X" using a sharpie marker. The students who get a tray with this can bring the tray and get a prize (you will get erasers, bookmarks and wristbands to use. Please divide the prizes you have over these two days.
- Trading Cards will be sent to Intermediate, Jr High, High School, Alpha and DAEP and may be given as "Lucky Tray" prizes.

Please make sure you fill out your monthly promotion form and list the events from each day! If you decorate your kitchen, serving lines, or doors, please make sure you send us pictures.



Please join the Texas Department of Agriculture in celebrating National School Breakfast Week, March 4-8. Encourage your students to participate in this year's "Surf's Up with School Breakfast" theme days all week long. Students can be stoked about school breakfast with the fun activities below. Share the themed school breakfast activities in your school morning announcements and/or school menu to help generate student excitement for National School Breakfast Week 2024!

Mahalo Times a Million

The school nutrition staff works extremely hard every day to serve you delicious and nutritious school breakfasts. Show your appreciation by saying "mahalo" (i.e., thank you) and/or give a Shaka sign (i.e. thank you, right on, take it easy) throughout the day!

THEME DAYS

MONDAY: Don't Wipe Out: Focus on Fruit

Fresh fruits are an important part of a healthy school breakfast. Schools offer a variety of fruits and/or vegetables every day to provide essential nutrients like Vitamin C that help keep your immune system strong. How many different fruits can you try during school breakfast week?

TUESDAY: Rise and Shine: Wear YELLOW today to show you are fueled by school breakfast!

From sunrise to sunset, your body needs adequate nutrition to be at your best. Start the day with a healthy school breakfast to get the nutrients needed to fuel your body and make sure you are "sunny-side up" at school!

WEDNESDAY: Surf's Up with School Breakfast: Dress up like a surfer!

Whole grains are the foundation of a healthy school breakfast. Schools serve grains like oatmeal and wholegrain rich cereals and toast every morning to give you energy and help your heart stay strong. Surfing takes a lot of energy and stamina; surfers need to eat whole grains to catch the big waves! Dress up like a surfer and use surfer phrases (aloha, mahalo, epic, amped, stoked, hang ten, gnarly, etc.). Pretend you are riding a wave in the serving line ... all the way to get school breakfast!

THURSDAY: Ride the Wave to your Health: Wear BLUE today to show how school breakfast helps you ride the wave of health!

Schools serve milk as part of a healthy school breakfast daily; milk provides a wave of nutrients like calcium, vitamin D, and potassium that helps build strong bones and gives you the nutrients needed for an epic school day.

FRIDAY: Say Aloha to School Breakfast: Wear your favorite tropical/beach-themed attire!

Show your school breakfast spirit! Wear your favorite tropical/beach-themed attire (floral shirts, board shorts, grass skirts, leis, tropical flowers, beach hats, flip-flops, sandals, goggles/snorkel, sunglasses, etc.) to celebrate School Breakfast Week.

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|---|--|---|--|--|---|
| | | | | | Fri 1 |
| | | | | | Mini Bagels Sausage Kolache Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit |
| Mon 4 | Tue 5 | Wed 6 | Thu 7 | Fri 8 | |
| Sausage Biscuit Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Breakfast "Pacos" Sausage/Pancake Tacos Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Sky Blue Breakfast Bar Cinnamon Toast Crunch with Biscuit Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Pancake Bites Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Apple Cinnamon Toast Sausage Kolache Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | |
| Mon 11 | Tue 12 | Wed 13 | Thu 14 | Fri 15 | |
| No Information Provided | No Information Provided | No Information Provided | No Information Provided | No Information Provided | |
| Mon 18 | Tue 19 | Wed 20 | Thu 21 | Fri 22 | |
| Early Morning Risers Yogurt Smoothie with Biscuit Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Pancake Sausage Sandwich Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Cinnamon Rolls Cinnamon Toast Crunch with Biscuit Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Scrambled Eggs, Sausage and Biscuit Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Mini Bagels Sausage Kolache Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | |
| Mon 25 | Tue 26 | Wed 27 | Thu 28 | Fri 29 | |
| Sausage Biscuit Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Bacon Egg and Cheese Breakfast Pocket Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Sky Blue Breakfast Bar Cinnamon Toast Crunch with Biscuit Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | Pancake Bites Unflavored 1%White or Fat Free Chocolate Milk Choice of Juice: Apple or Orange Fresh or Chilled Fruit | No Information Provided | |

Choice of Fruit (Varies) Applesauce - Mixed Fruit - Peaches - Pears - Apples - Oranges - Applesauce Cup - Mixed Berry Cup - Peach Cup - Strawberry Cup - Fruit & Yogurt Parfait (Not available for Pre-K) - Apricot Cups

Choice of Milk (Pre-K 1% White Only) 1% Unflavored White Milk - Fat Free Chocolate Milk

View more: <http://schools.mealviewer.com/school/BearBranchElementary>

This Institution is an Equal Opportunity Provider

Bear Branch Intermediate / Breakfast

MARCH 2024

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