



# MARCH 2013



Monday

Tuesday

Wednesday

Thursday

Friday

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**March 4-8 is National School Breakfast Week!**

**Did you know?**

- Eating breakfast can help improve math, reading, and standardized test scores.
- Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.
- Studies show children who eat breakfast on a regular basis are less likely to be overweight.

*Source: usda.gov*

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