National School Breakfast Week March 6-10. NSBW is a week long celebration of the school breakfast program. Schools #1 and Mary Cariola among others celebrated with decorations, events, and special menu items. Increasing breakfast participation is the main goal. NSBW is the perfect time to bring attention to our breakfast program.

According to the Food Research and Action Center (FRAC) "research supports what educators and school officials see every day in our nation’s schools: a well-nourished child who starts the day with breakfast is more likely to be at school, a better learner, and willing to participate in the classroom”.

Based on food tastings at School of the Arts, #50, and #34, the students voted that the Cheeseburger Meatloaf Sandwich was a keeper! Thank you to our student food critics for their professional opinions! And to Teachers and Principals for welcoming Food Services into their cafeterias. Other new menu items or specials were chicken and waffles, sweet-n-sour chicken & rice, fish on bun, and beef chili, and curry chicken.

Children had Breakfast for lunch on March 7th, Chicken & Waffles!

Children at School #1 posing with raffle prizes that were won during National School Breakfast Week.

Real Juice? Read Labels and Find Out

- Did you know that juice products labeled “-ade”, “drink”, or “punch” often contain 5% juice or less?
- Always try to choose whole fruits over juice. If you choose juice, buy 100% juice.

Each day, juice should be limited to:

- 4-6 ounces for children 1-6 yrs
- 8-12 ounces for children 7-18 yrs
- Children 6 months and under should not be given juice
- Our School Nutrition Department never sells soda. 100% juice is available. We never provide more than 50% of fruit servings as juice.

Contact RCSD Food and Nutrition Services: 585-336-4100
Lead Food Service Director: Dele Akinniyi
School Nutrition Coordinator: Janine Nicolosi, RDN
We welcome questions, concerns, and compliments! Please reach out!