



**January 2018
Breakfast Menu**

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Breakfast will not be served when there is a delayed opening

Student Breakfast

\$1.40

Reduced Breakfast

\$0.30

Adult Breakfast

\$3.00

take time for
**school
BREAKFAST**



NUTRITION NEWS:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy,

legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

All Meals Options Served with Choice of Flavored Fat Free Milk or Unflavored 1% Milk/ Fat Free Milk



Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Frosted Flakes with Graham Crackers 100% Juice or Fruit Milk Selection	3 Mini Maple Pancakes 100% Juice or Fruit Milk Selection	4 Rice Krispies with Graham Crackers 100% Juice or Fruit Milk Selection	5 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection
8 Cheerios with a Graham Crackers 100% Juice or Fruit Milk Selection	9 Mini Chocolate Chip French Toast 100% Juice or Fruit Milk Selection	10 Mini Wheats with a Graham Crackers 100% Juice or Fruit Milk Selection	11 Mini Maple Waffles 100% Juice or Fruit Milk Selection	12 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection
15 Martin Luther King Jr. Day School Closed	16 Frosted Flakes with Graham Crackers 100% Juice or Fruit Milk Selection	17 Mini Original French Toast 100% Juice or Fruit Milk Selection	18 Cocoa Puffs with Graham Crackers 100% Juice or Fruit Milk Selection	19 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection
22 Mini Chocolate Chip French Toast 100% Juice or Fruit Milk Selection	23 Rice Krispies with Graham Crackers 100% Juice or Fruit Milk Selection	24 Mini Maple Pancakes 100% Juice or Fruit Milk Selection	25 Mini Wheats with a Graham Crackers 100% Juice or Fruit Milk Selection	26 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection
29 Apple Cinnamon Cheerios with a Graham Crackers 100% Juice or Fruit Milk Selection	30 Mini Original French Toast 100% Juice or Fruit Milk Selection	31 Cocoa Puffs with Graham Crackers 100% Juice or Fruit Milk Selection		

**2018
HAPPY NEW YEAR!**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

**Please Visit:
www.maschiofood.com**