



The Village Charter School

April 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!

take time for
**school
BREAKFAST**



NUTRITION NEWS:

Eat the Colors of the Rainbow Week

Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Spring Recess! School Closed				
9 Egg & Cheese Biscuit Assorted Fruit 100% Fruit Juice Milk Selection	10 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	11 Hot Oatmeal with Apples Assorted Fruit 100% Fruit Juice Milk Selection	12 Mini French Toast Assorted Fruit 100% Fruit Juice Milk Selection	13 Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
16 Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection	17 Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection	18 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	19 Breakfast Burrito with Salsa Chilled Fruit Low-fat or Fat-free Milk Selection	20 Egg & Cheese Bagel Sandwich Assorted Fruit 100% Fruit Juice Milk Selection
23 Egg & Cheese Biscuit Assorted Fruit 100% Fruit Juice Milk Selection	24 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	25 Hot Oatmeal with Apples Assorted Fruit 100% Fruit Juice Milk Selection	26 Cereal Bar with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	27 Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
30 Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection				

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MENU SUBJECT
TO CHANGE

Maschio's
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"This institution is an equal opportunity provider"