

The Village Charter School

December 2017
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:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.



Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS				1 French Toast Assorted Fruit 100% Fruit Juice Milk Selection
4 Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection	5 Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection	6 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	7 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	8 Egg & Cheese Bagel Sandwich Assorted Fruit 100% Fruit Juice Milk Selection
11 Egg & Cheese Biscuit Assorted Fruit 100% Fruit Juice Milk Selection	12 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	13 Hot Oatmeal with Apples Assorted Fruit 100% Fruit Juice Milk Selection	14 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	15 Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
18 Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection	19 Fruit Strudel Assorted Fruit 100% Fruit Juice Milk Selection	20 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	21 School Closed	22 School Closed
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

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MENU SUBJECT



"This institution is an equal opportunity provider"