

The Village Charter School

December 2016 Breakfast Menu

Healthy Meals Grow Healthy Kids!

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!

Student Breakfast
\$2.00

Adult Breakfast
\$2.75

Reduced Breakfast
\$0.30

take time for
**school
BREAKFAST**



Nutrition News:

During the cold winter months it is important to remember to stay on track with your healthy habits. Be sure to continue to eat well-balanced meals, get moving either inside or outside (be sure to dress warmly), and get enough sleep. By practicing these healthy habits you will feel energized for the cold months ahead!



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	2 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
5 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	6 Mini Pancakes Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	7 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	8 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	9 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
12 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	13 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	14 Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	15 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	16 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
19	20	21	22	23
26	27	28	29	30
<h1>Enjoy your Winter Break & Have a Happy New Year!</h1>				

MENU SUBJECT TO CHANGE

Check us out on Facebook : Maschio's Food Services, Inc.

Please Visit: www.maschiofood.com

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"