

The Village Charter School

February 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:

February is Heart Healthy Month! The heart is one of the most

important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating

well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy!

Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!



Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Assorted Cereal with Graham Crackers 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	2 Egg & Cheese Bagel Sandwich 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection
5 Egg & Cheese Biscuit 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	6 Bagel with Cream Cheese 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	7 Half Day Hot Oatmeal with Apples 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	8 Half Day Cereal Bar with Graham Crackers 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	9 Mini Pancakes with Syrup and Sausage 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection
12 Mini Waffles 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	13 Breakfast Pizza 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	14 Scrambled Eggs with Dinner Roll 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	15 Assorted Cereal with Graham Crackers 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	16 Egg & Cheese Bagel Sandwich 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection
19 President's Day School Closed	20 Bagel with Cream Cheese 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	21 Half Day Hot Oatmeal with Apples 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	22 Egg, Sausage & Cheese on a Bun 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	23 Mini Pancakes with Syrup and Sausage 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection
26 Mini Waffles 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	27 Breakfast Pizza 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection	28 Muffin with Yogurt 100% Fruit Juice Assorted Fruit Low-fat or Fat-free Milk Selection		

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MENU SUBJECT
TO CHANGE

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Food Services, Inc.

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