



The Village Charter School

February 2017 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

February is Heart Healthy Month! Your heart is a muscle and getting at least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	2 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	3 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
6 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	7 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	8 Half Day Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	9 Half Day Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	10 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
13 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	14 Mini Pancakes Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	15 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	16 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	17 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
20 School Closed Presidents' Day	21 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	22 Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	23 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	24 Half Day Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
27 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	28 Mini Pancakes Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	 <p>Keep your heart happy by choosing healthy options!</p>		

MENU SUBJECT TO CHANGE



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

Please Visit: www.maschiofood.com



"This institution is an equal opportunity provider"