

The Village Charter School

February 2017 Snack Menu



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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheezit 100% Juice Choice	2 Pretzels 100% Juice Choice	3 Graham Crackers 100% Juice Choice
6 Graham Crackers 100% Juice Choice	7 Cereal Bar 100% Juice Choice	8 Half Day Cheezit 100% Juice Choice	9 Half Day Pretzels 100% Juice Choice	10 Graham Crackers 100% Juice Choice
13 Graham Crackers 100% Juice Choice	14 Cereal Bar 100% Juice Choice	15 Cheezit 100% Juice Choice	16 Pretzels 100% Juice Choice	17 Graham Crackers 100% Juice Choice
20 School Closed Presidents' Day	21 Cereal Bar 100% Juice Choice	22 Cheezit 100% Juice Choice	23 Pretzels 100% Juice Choice	24 Half Day Graham Crackers 100% Juice Choice
27 Graham Crackers 100% Juice Choice	28 Cereal Bar 100% Juice Choice	 <p>Keep your heart happy by choosing healthy options!</p>		

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!