



# The Village Charter School

## January 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

#### Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

# MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>School Closed</b>	3 <b>Mini Pancakes</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	4 <b>Scrambled Eggs with Hash Brown</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	5 <b>Muffin with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	6 <b>Breakfast Egg and Cheese on English Muffin</b> Assorted Fruit 100% Fruit Juice Milk Selection
9 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	10 <b>French Toast Sticks</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	11 <b>Bagel w/ Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	12 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	13 <b>Breakfast Egg and Cheese on English Muffin</b> Assorted Fruit 100% Fruit Juice Milk Selection
16 <b>School Closed</b>	17 <b>Mini Pancakes</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	18 <b>Muffin with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	19 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	20 <b>Breakfast Egg and Cheese on English Muffin</b> Assorted Fruit 100% Fruit Juice Milk Selection
23 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	24 <b>French Toast Sticks</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	25 <b>Bagel w/ Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	26 <b>Hot Oatmeal with Raisin and Brown Sugar</b> Assorted Fruit 100% Fruit Juice Milk Selection	27 <b>Breakfast Egg and Cheese on English Muffin</b> Assorted Fruit 100% Fruit Juice Milk Selection
30 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	31 <b>Mini Pancakes</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection			

MENU SUBJECT TO CHANGE



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

Please Visit: [www.maschiofood.com](http://www.maschiofood.com)



"This institution is an equal opportunity provider"