

# The Village Charter School

## January 2017 Snack Menu



### 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!



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>School Closed</b>	3 <b>Cereal Bar</b> 100% Juice Choice	4 <b>Cheezit</b> 100% Juice Choice	5 <b>Pretzels</b> 100% Juice Choice	6 <b>Graham Crackers</b> 100% Juice Choice
9 <b>Graham Crackers</b> 100% Juice Choice	10 <b>Cereal Bar</b> 100% Juice Choice	11 <b>Cheezit</b> 100% Juice Choice	12 <b>Pretzels</b> 100% Juice Choice	13 <b>Graham Crackers</b> 100% Juice Choice
16 <b>School Closed</b>	17 <b>Cereal Bar</b> 100% Juice Choice	18 <b>Cheezit</b> 100% Juice Choice	19 <b>Pretzels</b> 100% Juice Choice	20 <b>Graham Crackers</b> 100% Juice Choice
23 <b>Graham Crackers</b> 100% Juice Choice	24 <b>Cereal Bar</b> 100% Juice Choice	25 <b>Cheezit</b> 100% Juice Choice	26 <b>Pretzels</b> 100% Juice Choice	27 <b>Graham Crackers</b> 100% Juice Choice
30 <b>Graham Crackers</b> 100% Juice Choice	31 <b>Cereal Bar</b> 100% Juice Choice			

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!