



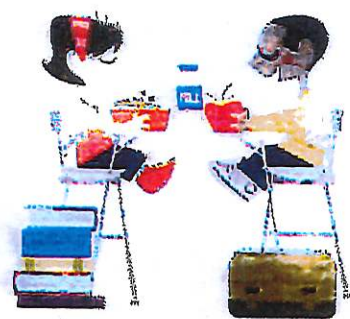
The Village Charter School

January 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!

school BREAKFAST



NUTRITION NEWS:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy,

legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!



Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 School Closed	3 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	4 Waffles with Turkey Bacon Assorted Fruit 100% Fruit Juice Milk Selection	5 Egg & Cheese Bagel Sandwich Assorted Fruit 100% Fruit Juice Milk Selection
8 Sausage and Cheese Biscuit Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	10 French Toast with Apples Assorted Fruit 100% Fruit Juice Milk Selection	11 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	12 Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
15 Martin Luther King Jr. Day School Closed	16 Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection	17 Scramble Egg with Cheese and Toast Assorted Fruit 100% Fruit Juice Milk Selection	18 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	19 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection
22 Egg & Cheese Biscuit Assorted Fruit 100% Fruit Juice Milk Selection	23 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	24 Hot Oatmeal with Apples 100% Fruit Juice Milk Selection	25 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	26 Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
29 Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection	30 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	31 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection		

2018 HAPPY NEW YEAR!

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MENU SUBJECT TO CHANGE
Maschio's
Food Services, Inc.
"This institution is an equal opportunity provider"