



# The Village Charter School

## March 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**



MASCHIO'S MAIN EVENT

### Nutrition News

#### Celebrate National Nutrition Month®!

Take the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal- each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body- slow down and savor each bite!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>take the</p> <p><b>SCHOOL BREAKFAST Challenge</b></p> <p>#SchoolBreakfastChallenge</p>		<p>1 <b>Bagel w/ Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>2 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>3 <b>Breakfast Egg and Cheese on English Muffin</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>
<p>6 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>7 <b>French Toast Sticks</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>8 <b>Muffin with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>9 <b>Hot Oatmeal with Fruit Toppings</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>10 <b>Sausage &amp; Cheese on Croissant</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>
ARE YOU UP FOR THE CHALLENGE?		CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!		
<p>13 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>14 <b>Mini Pancakes</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>15 <b>Bagel w/ Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>16 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>17 <b>Breakfast Burrito</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>
<p>20 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>21 <b>French Toast Sticks</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>22 <b>Muffin with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>23 <b>Hot Oatmeal with Fruit Toppings</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>24 <b>Half Day Breakfast Pizza</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>
<p>27 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>28 <b>Mini Pancakes</b> Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>29 <b>Bagel w/ Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>30 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>31 <b>Breakfast Egg and Cheese on English Muffin</b> Assorted Fruit 100% Fruit Juice Milk Selection</p>

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"