

The Village Charter School

March 2016 Snack Menu





Nutrition News

Celebrate National Nutrition Month! Take the time this month to focus on the experience you have during mealtime. In addition to choosing healthy foods, it is important to create mindful eating habits such as:

- Slowing down to savor each bite
- Eating meals with your family and friends; avoid eating in front of the TV
- Being aware of when you are full



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal Bar 100% Juice Choice	2 Cheezit 100% Juice Choice	3 Pretzels 100% Juice Choice	4 Graham Crackers 100% Juice Choice
7 Graham Crackers 100% Juice Choice	8 Cereal Bar 100% Juice Choice	9 Goldfish Cheddar Cheese Crackers 100% Juice Choice	10 Pretzels 100% Juice Choice	11 Graham Crackers 100% Juice Choice
14 Graham Crackers 100% Juice Choice	15 Cereal Bar 100% Juice Choice	16 Cheezit 100% Juice Choice	17 Pretzels 100% Juice Choice	18 Graham Crackers 100% Juice Choice
21 Graham Crackers 100% Juice Choice	22 Cereal Bar 100% Juice Choice	23 Goldfish Cheddar Cheese Crackers 100% Juice Choice	24 Pretzels 100% Juice Choice	25 Spring Recess! School Closed
28 Spring Recess!	29 Spring Recess!	30 Spring Recess!	31 Spring Recess!	HAPPY SPRING! 

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"
Healthy Meals Grow Healthy Kids!