

The Village Charter School

March 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!

take time for
**school
BREAKFAST**




NUTRITION NEWS:

Celebrate **National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.



Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Assorted Cereal with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	2 School Closed <i>Dr. Seuss' Birthday Read Across America</i>
5 Egg & Cheese Biscuit Assorted Fruit 100% Fruit Juice Milk Selection	6 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	7 Hot Oatmeal with Apples Assorted Fruit 100% Fruit Juice Milk Selection	8 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	9 Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
I  SCHOOL BREAKFAST		National School Breakfast Week		
12 Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection	13 Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection	14 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	15 Breakfast Burrito with Salsa Chilled Fruit Low-fat or Fat-free Milk Selection	16 Egg & Cheese Bagel Sandwich Assorted Fruit 100% Fruit Juice Milk Selection
19 Egg & Cheese Biscuit Assorted Fruit 100% Fruit Juice Milk Selection	20 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	21 Hot Oatmeal with Apples Assorted Fruit 100% Fruit Juice Milk Selection	22 French Toast Sticks with Syrup 100% Orange Juice Assorted Fruit Low-fat or Fat-free Milk Selection	23 Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection
26 Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection	27 Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection	28 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	29 Scrambled Eggs with Dinner Roll Hash Brown Chilled Fruit Low-fat or Fat-free Milk Selection	30 School Closed

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MENU SUBJECT
TO CHANGE



"This institution is an equal opportunity provider"