

# The Village Charter School

November 2017  
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:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>		<p>1 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>2 Scramble Cheese Egg &amp; Bacon Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>3 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>
<p>6 Ham &amp; Chesse Egg Biscuit Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>7 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>8 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>9 Half Day Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>10 School Closed</p>
<p>13 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>14 Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>15 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>16 Tator Tots with Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>17 Chicken &amp; Biscuit Sandwich Assorted Fruit 100% Fruit Juice Milk Selection</p>
<p>20 Half Day Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>21 Half Day Mini Pancakes With Ham Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>22 Half Day Bagel with Cheese Egg Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>23 School Closed</p>	<p>24 </p>
<p>27 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>28 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>29 Breakfast Bowl Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p><b>Happy Thanksgiving!</b></p>

Connect with us!



Please Visit: [www.maschiofood.com](http://www.maschiofood.com)

MENU SUBJECT TO CHANGE

  
Maschio's  
Food Services, Inc.

"This institution is an equal opportunity provider"