



The Village Charter School

October 2016 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**



Nutrition News:

Show your spirit this month for National School Lunch Week!

The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
3 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	4 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	5 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	6 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	7 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
10 Columbus Day School Closed	11 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	12 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	13 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	14 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
17 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	18 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	19 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	20 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	21 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
24 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	25 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	26 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	27 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	28 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
31 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	 <h2>Happy Halloween!</h2>			

MENU SUBJECT TO CHANGE



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

Please Visit: www.maschiofood.com



"This institution is an equal opportunity provider"