



Edgewater

January 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

\$1.50

Adult Breakfast

\$1.90

Reduced Breakfast

\$0.30

take time for
**school
BREAKFAST**



Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed	3 Assorted Cereal w/ Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	4 French Toast Assorted Fruit 100% Fruit Juice Milk Selection	5 Assorted Breakfast Sandwich Assorted Fruit 100% Fruit Juice Milk Selection	6 Omelet w/ Dinner Roll Assorted Fruit 100% Fruit Juice Milk Selection
9 Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	10 Assorted Cereal w/ Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	11 French Toast Assorted Fruit 100% Fruit Juice Milk Selection	12 Assorted Breakfast Sandwich Assorted Fruit 100% Fruit Juice Milk Selection	13 Graham Crackers Flavored Yogurt Assorted Fruit 100% Fruit Juice Milk Selection
16 School Closed	17 Assorted Cereal w/ Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	18 French Toast Assorted Fruit 100% Fruit Juice Milk Selection	19 Assorted Breakfast Sandwich Assorted Fruit 100% Fruit Juice Milk Selection	20 Omelet w/ Dinner Roll Assorted Fruit 100% Fruit Juice Milk Selection
23 Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	24 Assorted Cereal w/ Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	25 French Toast Assorted Fruit 100% Fruit Juice Milk Selection	26 Assorted Breakfast Sandwich Assorted Fruit 100% Fruit Juice Milk Selection	27 Graham Crackers Flavored Yogurt Assorted Fruit 100% Fruit Juice Milk Selection
30 Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	31 Assorted Cereal w/ Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection			

MENU SUBJECT TO CHANGE



Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)

Please Visit: www.maschiofood.com



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