



Elementary

July 2018
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!

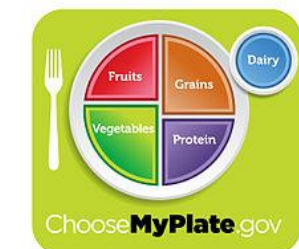
Student Breakfast

\$1.10/\$1.25

Adult Breakfast

\$2.65

take time for
**school
BREAKFAST**



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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Bar with Graham Crackers 100% Fruit Juice	3 Slice of Banana Bread 100% Fruit Juice	4 No Breakfast School Closed	5 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	6 No Breakfast School Closed
9 Cereal Bar with Graham Crackers 100% Fruit Juice	10 Slice of Banana Bread 100% Fruit Juice	11 String Cheese with Graham Crackers 100% Fruit Juice	12 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	13 No Breakfast School Closed
16 Cereal Bar with Graham Crackers 100% Fruit Juice	17 Slice of Banana Bread 100% Fruit Juice	18 String Cheese with Graham Crackers 100% Fruit Juice	19 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	20 No Breakfast School Closed
23 Cereal Bar with Graham Crackers 100% Fruit Juice	24 Slice of Banana Bread 100% Fruit Juice	25 String Cheese with Graham Crackers 100% Fruit Juice	26 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	27 No Breakfast School Closed
30 Cereal Bar with Graham Crackers 100% Fruit Juice	31 Slice of Banana Bread 100% Fruit Juice			

MENU SUBJECT TO CHANGE



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Please Visit: www.maschiofood.com



"This institution is an equal opportunity provider"