



Elementary

August 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
		1 String Cheese with Graham Crackers 100% Fruit Juice	2 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	3 No Breakfast School Closed
6 Cereal Bar with Graham Crackers 100% Fruit Juice	7 Slice of Banana Bread 100% Fruit Juice	8 String Cheese with Graham Crackers 100% Fruit Juice	9 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	

MENU SUBJECT TO CHANGE



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

Please Visit: www.maschiofood.com



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