

George Washington

March 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

**Student Breakfast
FREE**

**Adult Breakfast
\$2.65**

All Meals Served with Choice of:



Fresh or
Canned Fruit

1% Low Fat Milk
or Fat Free Milk



NUTRITION NEWS:




Celebrate **National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!

- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!

- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.



Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	2 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice <small>Dr. Seuss' Birthday Read Across America</small>
5 Cereal Bar with Graham Crackers 100% Fruit Juice	6 Slice of Banana Bread 100% Fruit Juice	7 String Cheese with Graham Crackers 100% Fruit Juice	8 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	9 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
I  SCHOOL BREAKFAST				
12 Cereal Bar with Graham Crackers 100% Fruit Juice	13 Slice of Banana Bread 100% Fruit Juice	14 String Cheese with Graham Crackers 100% Fruit Juice	15 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	16 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
19 Cereal Bar with Graham Crackers 100% Fruit Juice	20 Slice of Banana Bread 100% Fruit Juice	21 String Cheese with Graham Crackers 100% Fruit Juice	22 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	23 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
26 Cereal Bar with Graham Crackers 100% Fruit Juice	27 Slice of Banana Bread 100% Fruit Juice	28 String Cheese with Graham Crackers 100% Fruit Juice	29 School Closed	30 School Closed

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Please Visit: www.maschiofood.com



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"