



Englewood on the Palisades Charter School

March 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

\$2.00

Adult Breakfast

\$2.50

Reduced Breakfast

\$0.30

take time for
SCHOOL BREAKFAST



Nutrition News

Celebrate National Nutrition Month®!

Take the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal- each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body- slow down and savor each bite!



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Served	2 Breakfast Served	3 Breakfast Served
6 Breakfast Served	7 Breakfast Served	8 Breakfast Served	9 Breakfast Served	10 Breakfast Served
ARE YOU UP FOR THE CHALLENGE?		CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!		
13 Half Day Breakfast Served	14 Breakfast Served	15 Breakfast Served	16 Half Day Breakfast Served	17 Half Day Breakfast Served
20 Breakfast Served	21 Breakfast Served	22 Breakfast Served	23 Breakfast Served	24 Breakfast Served
27 Breakfast Served	28 Breakfast Served	29 Breakfast Served	30 Breakfast Served	31 Breakfast Served

Available Daily:

- Bagel with Cheese
- Assorted Cold Cereals with Graham Crackers
- Mini Pancakes with Syrup
- Mini French Toast with Syrup
- Pop-tarts Single with Graham Crackers

All entrées served with Fruit, 100% Juice, and Milk Selection



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

MENU SUBJECT TO CHANGE



Please Visit: www.maschiofood.com

"This institution is an equal opportunity provider"