

Englewood on the Palisades Charter School

March 2017 Snack Menu



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!



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cinnamon Poptart 100% Juice Choice	2 Assorted WGR Bunny Crackers 100% Juice Choice	3 Cookie Animal Cracker 100% Juice Choice
6 Cocoa Puffs Cereal Bar 100% Juice Choice	7 Cheddar Goldfish Cheese Crackers 100% Juice Choice	8 Keebler Gripz Graham Crackers 100% Juice Choice	9 Blueberry Muffin 6 oz. 100% Juice	10 Cheerios Cereal Bar 100% Juice Choice
13 <i>Half Day</i> Scooby Doo Graham Crackers 100% Juice Choice	14 Kids Mix 6oz. 100% Juice	15 Cinnamon Poptart 100% Juice Choice	16 <i>Half Day</i> Assorted WGR Bunny Crackers 100% Juice Choice	17 <i>Half Day</i> Cookie Animal Cracker 100% Juice Choice
20 Cocoa Puffs Cereal Bar 100% Juice Choice	21 Cheddar Goldfish Cheese Crackers 100% Juice Choice	22 Keebler Gripz Graham Crackers 100% Juice Choice	23 Blueberry Muffin 6 oz. 100% Juice	24 Cheerios Cereal Bar 100% Juice Choice
27 Scooby Doo Graham Crackers 100% Juice Choice	28 Kids Mix 6oz. 100% Juice	29 Cinnamon Poptart 100% Juice Choice	30 Assorted WGR Bunny Crackers 100% Juice Choice	31 Cookie Animal Cracker 100% Juice Choice

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!