

# Englewood on the Palisades Charter

December 2017  
Breakfast Menu

## 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:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY HOLIDAYS</b>				1 Breakfast Served
4 Breakfast Served	5 Breakfast Served	6 Breakfast Served	7 Breakfast Served	8 Breakfast Served
11 Breakfast Served	12 Breakfast Served	13 Breakfast Served	14 Breakfast Served	15 Breakfast Served
18 Breakfast Served	19 Breakfast Served	20 Breakfast Served	21 Breakfast Served	22 Half Day Breakfast Served
25	26	27	28	29
<b>Enjoy your Winter Break &amp; Have a Happy New Year!</b>				

### 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**

Connect with us!   

Please Visit: [www.maschiofood.com](http://www.maschiofood.com)

MENU SUBJECT TO CHANGE



Maschio's  
Food Services, Inc.  
"This institution"