



Englewood on the Palisades Charter

February 2018
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:

February is Heart Healthy Month! The heart is one of the most

important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating

well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

Monday	Tuesday	Wednesday	Thursday	Friday
 5 Breakfast Served	<i>Keep your heart happy by choosing healthy options!</i> 6 Breakfast Served	7 Breakfast Served	1 Breakfast Served	2 Breakfast Served
12 Breakfast Served	13 Breakfast Served	14 Breakfast Served	8 Breakfast Served	9 Breakfast Served
19 President's Day School Closed	20 School Closed	21 School Closed	15 Breakfast Served	16 Half Day Breakfast Served
26 Breakfast Served	27 Breakfast Served	28 Breakfast Served	22 School Closed	23 School Closed
				

MENU SUBJECT TO CHANGE

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

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Please Visit: www.maschiofood.com


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Food Services, Inc.
"This institution"