



Englewood Snack Menu February 2018 Snack Menu

NUTRITION NEWS:

February is Heart Healthy Month!

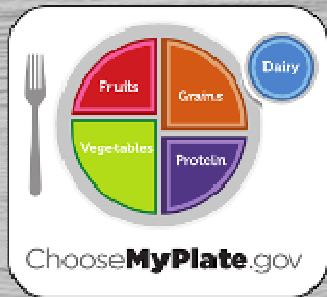
The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical 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!

MENU SUBJECT TO CHANGE

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"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Keep your heart happy by choosing healthy options!</p>			<p>1 Chex Chocolate Caramel Cereal 6 oz. 100% Juice</p>	<p>2 Cheerios Cereal Bar 100% Juice Choice</p>
<p>5 Scooby Doo Graham Crackers 100% Juice Choice</p>	<p>6 Kids Mix 6oz. 100% Juice</p>	<p>7 Cinnamon Poptart 100% Juice Choice,</p>	<p>8 Cheez-It Crackers 6 oz. 100% Juice</p>	<p>9 Cookie Animal Cracker 100% Juice Choice</p>
<p>12 Cocoa Puffs Cereal Bar 100% Juice Choice</p>	<p>13 Cheddar Goldfish Cheese Crackers 100% Juice Choice</p>	<p>14 Keebler Gripz Graham Crackers 100% Juice Choice</p>	<p>15 Half Day Chex Chocolate Caramel Cereal 6 oz. 100% Juice</p>	<p>16 Half Day Cheerios Cereal Bar 100% Juice Choice</p>
<p>19 President's Day School Closed</p>	<p>20 School Closed</p>	<p>21 School Closed</p>	<p>22 School Closed</p>	<p>23 School Closed</p>
<p>26 Cocoa Puffs Cereal Bar 100% Juice Choice</p>	<p>27 Cheddar Goldfish Cheese Crackers 100% Juice Choice</p>	<p>28 Keebler Gripz Graham Crackers 100% Juice Choice</p>		

Healthy Meals Grow Healthy Kids