



Englewood on the Palisades Charter

January 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:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy,

legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Breakfast Served	3 Breakfast Served	4 Breakfast Served	5 Breakfast Served
8 Breakfast Served	9 Breakfast Served	10 Breakfast Served	11 Breakfast Served	12 Breakfast Served
15 Martin Luther King Jr. Day School Closed	16 Breakfast Served	17 Breakfast Served	18 Breakfast Served	19 Breakfast Served
22 Half Day Breakfast Served	23 Breakfast Served	24 Breakfast Served	25 Breakfast Served	26 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

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Please Visit: www.maschiofood.com



MENU SUBJECT TO CHANGE