



Garfield Elementary

January 2017 Breakfast Menu

Healthy Meals Grow Healthy Kids!

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

\$1.40

Adult Breakfast

\$3.00

Reduced Breakfast

\$0.30

take time for
**school
BREAKFAST**



Choose **MyPlate**.gov

Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Served	3 Breakfast Served	4 Breakfast Served	5 Breakfast Served	6 Breakfast Served
9 Breakfast Served	10 Breakfast Served	11 Breakfast Served	12 Breakfast Served	13 Breakfast Served
16 School Closed	17 Breakfast Served	18 Breakfast Served	19 Breakfast Served	20 Breakfast Served
23 Breakfast Served	24 Breakfast Served	25 Breakfast Served	26 Breakfast Served	27 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

MENU SUBJECT TO CHANGE



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



"This institution is an equal opportunity provider"