

# Garfield Elementary

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!

### All Entrées are served with:

Assorted Fruit  
100% Juice  
Milk Selection

#### \*Entrées Available Daily:

- Assorted Cold Cereals with Graham Crackers
- Assorted Cereal Bars with Graham Crackers
- Bagel with Cream Cheese
- Mini Pancakes with Syrup
- Mini French Toast with Syrup
- Pop-tart Single with Graham Crackers

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b> School Closed	2 Breakfast Served: See Entrée's Available Daily	3 Breakfast Served: See Entrée's Available Daily	4 Breakfast Served: See Entrée's Available Daily	5 Breakfast Served: See Entrée's Available Daily
8 Breakfast Served: See Entrée's Available Daily	9 Breakfast Served: See Entrée's Available Daily	10 Breakfast Served: See Entrée's Available Daily	11 Breakfast Served: See Entrée's Available Daily	12 Breakfast Served: See Entrée's Available Daily
15 <b>Martin Luther King Jr. Day</b> School Closed	16 Breakfast Served: See Entrée's Available Daily	17 Breakfast Served: See Entrée's Available Daily	18 Breakfast Served: See Entrée's Available Daily	19 Breakfast Served: See Entrée's Available Daily
22 Breakfast Served: See Entrée's Available Daily	23 Breakfast Served: See Entrée's Available Daily	24 Breakfast Served: See Entrée's Available Daily	25 Breakfast Served: See Entrée's Available Daily	26 Breakfast Served: See Entrée's Available Daily
29 Breakfast Served: See Entrée's Available Daily	30 Breakfast Served: See Entrée's Available Daily	31 Breakfast Served: See Entrée's Available Daily		

### NUTRITION NEWS:

MENU SUBJECT TO CHANGE

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!

**Student Breakfast \$1.40**

**Adult Breakfast \$3.25**

**Reduced Breakfast \$0.30**

  
Maschio's  
Food Services, Inc.

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