



Garfield School District

January 2018 Snack Menu

NUTRITION NEWS:

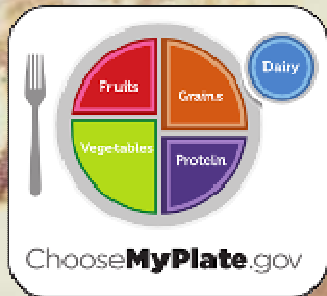
It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout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

MENU SUBJECT TO CHANGE

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This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Cheez-It Crackers 6 oz. 100% Juice Choice	3 Kids Mix 6 oz. 100% Juice Choice	4 Whole Grain Cinnamon Poptart 6 oz. 100% Juice Choice	5 Cookie Animal Cracker 6 oz. 100% Juice Choice
8 Scooby Doo Graham Crackers 6 oz. 100% Juice Choice	9 Chex Chocolate Caramel Cereal 6 oz. 100% Juice	10 Bug Bites Crackers 6 oz. 100% Juice Choice	11 Pretzel Twists 6 oz. 100% Juice Choice	12 Cheerios Cereal Bar 6 oz. 100% Juice Choice
15 Martin Luther King Jr. Day School Closed	16 Cheez-It Crackers 6 oz. 100% Juice Choice	17 Kids Mix 6 oz. 100% Juice Choice	18 Whole Grain Cinnamon Poptart 6 oz. 100% Juice Choice	19 Cookie Animal Cracker 6 oz. 100% Juice Choice
22 Scooby Doo Graham Crackers 6 oz. 100% Juice Choice	23 Chex Chocolate Caramel Cereal 6 oz. 100% Juice	24 Bug Bites Crackers 6 oz. 100% Juice Choice	25 Pretzel Twists 6 oz. 100% Juice Choice	26 Cheerios Cereal Bar 6 oz. 100% Juice Choice
29 Blueberry Muffin 6 oz. 100% Juice Choice	30 Cheez-It Crackers 6 oz. 100% Juice Choice	31 Kids Mix 6 oz. 100% Juice Choice		

Healthy Meals Grow Healthy Kids