



Garfield Elementary Schools

March 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

Connect with us!   

Please Visit: www.maschiofood.com

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Breakfast Served: See Entrée's Available Daily	2 Breakfast Served: See Entrée's Available Daily
5 Breakfast Served: See Entrée's Available Daily	6 Breakfast Served: See Entrée's Available Daily	7 Breakfast Served: See Entrée's Available Daily	8 Breakfast Served: See Entrée's Available Daily	9 Breakfast Served: See Entrée's Available Daily
		National School Breakfast Week		
12 Breakfast Served: See Entrée's Available Daily	13 Breakfast Served: See Entrée's Available Daily	14 Breakfast Served: See Entrée's Available Daily	15 Breakfast Served: See Entrée's Available Daily	16 Breakfast Served: See Entrée's Available Daily
19 Breakfast Served: See Entrée's Available Daily	20 Breakfast Served: See Entrée's Available Daily	21 Breakfast Served: See Entrée's Available Daily	22 Breakfast Served: See Entrée's Available Daily	23 Breakfast Served: See Entrée's Available Daily
26 Breakfast Served: See Entrée's Available Daily	27 Breakfast Served: See Entrée's Available Daily	28 Breakfast Served: See Entrée's Available Daily	29 Half Day Breakfast Served: See Entrée's Available Daily	30 School Closed

NUTRITION NEWS:

Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

MENU SUBJECT TO CHANGE

Student Breakfast \$1.40

Adult Breakfast \$3.25

Reduced Breakfast \$0.30



"This institution is an equal opportunity provider"