

Garfield Elementary Schools

November 2017
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
	Try to fill at least half your plate with fruits and vegetables!	1 Breakfast Served: See Entrée's Available Daily	2 Breakfast Served: See Entrée's Available Daily	3 Breakfast Served: See Entrée's Available Daily
6 Breakfast Served: See Entrée's Available Daily	7 School Closed	8 Breakfast Served: See Entrée's Available Daily	9 School Closed	10 School Closed
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	17 Breakfast Served: See Entrée's Available Daily
20 Breakfast Served: See Entrée's Available Daily	21 Breakfast Served: See Entrée's Available Daily	22 Half Day Breakfast Served: See Entrée's Available Daily	23 Happy Thanksgiving! 	24 
27 Breakfast Served: See Entrée's Available Daily	28 Breakfast Served: See Entrée's Available Daily	29 Breakfast Served: See Entrée's Available Daily	30 Breakfast Served: See Entrée's Available Daily	

NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

MENU SUBJECT TO CHANGE

Student Breakfast \$1.40

Adult Breakfast \$3.25

Reduced Breakfast \$0.30

 **Maschio's**
Food Services, Inc.

"This institution is an equal opportunity provider"