



# Garfield Pre School

## 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**



### Nutrition News

**Ring in the New Year with healthy achievable goals!** The best way to create change is to set small, measurable, achievable goals. First, think about what habits you need to change to create a healthier lifestyle.... For example, if you want to get more vegetables in your diet, set a small goal of selecting and consuming the vegetable of the day from your cafeteria line 2 days a week for a month. You will feel a great sense of accomplishment when you achieve your goal! 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)

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Froot Loops with Graham Crackers</b> 100% Juice or Fruit Milk Selection	3 <b>Mini French Toast Original</b> 100% Juice or Fruit Milk Selection	4 <b>Apple Jacks with Animal Cookies</b> 100% Juice or Fruit Milk Selection	5 <b>Frosted Flakes with Graham Crackers</b> 100% Juice or Fruit Milk Selection	6 <b>Mini Maple Waffles</b> 100% Juice or Fruit Milk Selection
9 <b>Cheerios with a Graham Crackers</b> 100% Juice or Fruit Milk Selection	10 <b>Mini Chocolate Chip French Toast</b> 100% Juice or Fruit Milk Selection	11 <b>Rice Krispies with Graham Crackers</b> 100% Juice or Fruit Milk Selection	12 <b>Mini Maple Pancakes</b> 100% Juice or Fruit Milk Selection	13 <b>Bageler (Bagel) Stix with Cream Cheese</b> 100% Juice or Fruit Milk Selection
16 <b>SCHOOL CLOSED</b>	17 <b>Frosted Flakes with Graham Crackers</b> 100% Juice or Fruit Milk Selection	18 <b>Cinnamon Toast with Graham Crackers</b> 100% Juice or Fruit Milk Selection	19 <b>Mini French Toast Original</b> 100% Juice or Fruit Milk Selection	20 <b>Cocoa Puffs with Graham Crackers</b> 100% Juice or Fruit Milk Selection
23 <b>Rice Krispies with Graham Crackers</b> 100% Juice or Fruit Milk Selection	24 <b>Mini Maple Pancakes</b> 100% Juice or Fruit Milk Selection	25 <b>Cheerios with a Graham Crackers</b> 100% Juice or Fruit Milk Selection	26 <b>Mini Chocolate Chip French Toast</b> 100% Juice or Fruit Milk Selection	27 <b>Bageler (Bagel) Stix with Cream Cheese</b> 100% Juice or Fruit Milk Selection
30 <b>Mini French Toast Original</b> 100% Juice or Fruit Milk Selection	31 <b>Froot Loops with Graham Crackers</b> 100% Juice or Fruit Milk Selection	<b>2017 Happy New Year!</b>		

MENU SUBJECT TO CHANGE



Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)

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



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