

Garfield School District

January 2017 Snack Menu



Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. 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). You will feel a great sense of accomplishment when you achieve your goals!



Check us out on Facebook :
Maschio's Food Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Scooby Doo Graham Crackers 100% Juice Choice	3 Kids Mix 6oz. 100% Juice	4 Assorted Fresh Fruit and String Cheese Mozzarella	5 Pretzel Twists 6 oz. 100% Juice	6 Cookie Animal Cracker 6 oz. 100% Juice
9 Cocoa Puffs Cereal Bar 6 oz. 100% Juice	10 Blueberry Muffin 6 oz. 100% Juice	11 Assorted WGR Bunny Crackers 6 oz. 100% Juice	12 Whole Grain Cinnamon Poptart 6 oz. 100% Juice	13 Cookie Animal Cracker 6 oz. 100% Juice
16 School Closed	17 Kids Mix 6oz. 100% Juice	18 Assorted Fresh Fruit and String Cheese Mozzarella 6 oz. 100% Juice	19 Pretzel Twists 6 oz. 100% Juice	20 Cookie Animal Cracker 6 oz. 100% Juice
23 Cocoa Puffs Cereal Bar 6 oz. 100% Juice	24 Blueberry Muffin 6 oz. 100% Juice	25 Assorted WGR Bunny Crackers 6 oz. 100% Juice	26 Whole Grain Cinnamon Poptart 6 oz. 100% Juice	27 Cookie Animal Cracker 6 oz. 100% Juice
30 Scooby Doo Graham Crackers 100% Juice Choice	31 Kids Mix 6oz. 100% Juice			

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!