



# Thomas Edison Charter

## February 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!

#### Available Daily:

Assorted Cereal with Graham Crackers  
Assorted Fruit  
100% Juice Selection  
Milk Selection

#### Student Breakfast

\$1.75

#### Adult Breakfast

\$2.25

#### Reduced Breakfast


\$0.30

take time for  
**school**  
BREAKFAST



### Nutrition News

February is Heart Healthy Month! Your heart is a muscle and getting at least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Pancakes</b> Assorted Fruit 100% Fruit Juice Milk Selection	2 <b>Yogurt Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	3 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
6 <b>Egg and Cheese on a Bun</b> Assorted Fruit 100% Fruit Juice Milk Selection	7 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection	8 <b>Pancakes</b> Assorted Fruit 100% Fruit Juice Milk Selection	9 <b>Mini Cinnis</b> Assorted Fruit 100% Fruit Juice Milk Selection	10 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
13 <b>School Closed</b>	14 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection	15 <b>Half Day Pancakes</b> Assorted Fruit 100% Fruit Juice Milk Selection	16 <b>Yogurt Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	17 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
20 <b>School Closed</b>	21 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection	22 <b>Pancakes</b> Assorted Fruit 100% Fruit Juice Milk Selection	23 <b>Mini Cinnis</b> Assorted Fruit 100% Fruit Juice Milk Selection	24 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
27 <b>Egg and Cheese on a Bun</b> Assorted Fruit 100% Fruit Juice Milk Selection		28 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection	 <p><b>Keep your heart happy by choosing healthy options!</b></p>	



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

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

MENU SUBJECT TO CHANGE



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