

# Thomas Edison Charter

## November 2016 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

\$1.75

#### Adult Breakfast

\$2.25

#### Reduced Breakfast

\$0.30

take time for  
**SCHOOL BREAKFAST**



### Nutrition News:

National Sandwich Day honors the world's first sandwich maker in the 18th century: John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color! Enjoy your creation with cold low-fat milk.



**MASCHIO'S MAIN EVENT**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Assorted Muffins Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	2 <b>Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	3 <b>Yogurt Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	4 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
7 <b>Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	8 <b>Assorted Muffins Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	9 <b>Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	10 <b>Yogurt Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	11 <b>Veterans Day</b> 🇺🇸 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
14 <b>Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	15 <b>Assorted Muffins Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	16 <b>Half Day Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	17 <b>Yogurt Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	18 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
21 <b>Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	22 <b>Assorted Muffins Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	23 <b>Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	24 <b>Happy Thanksgiving!</b> 🦃 25	
28 <b>Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	29 <b>Assorted Muffins Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	30 <b>Cereal Bag</b> Assorted Fruit 100% Fruit Juice Milk Selection	Try to fill at least half your plate with fruits and vegetables! 	

MENU SUBJECT TO CHANGE

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

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

Maschio's  
Food Services, Inc.

"This institution is an equal opportunity provider"