



Thomas Edison Charter

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!
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

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!

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 Waffles 100% Fruit Juice Chilled Fruit Milk Selection	3 Breakfast Ring Assorted Fruit 100% Fruit Juice Milk Selection	4 Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	5 Egg & Cheese on a Roll Assorted Fruit 100% Fruit Juice Milk Selection	6 Mini Cinnis Assorted Fruit 100% Fruit Juice Milk Selection
9 Waffles 100% Fruit Juice Chilled Fruit Milk Selection	10 Breakfast Ring Assorted Fruit 100% Fruit Juice Milk Selection	11 Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	12 Egg & Cheese on a Roll Assorted Fruit 100% Fruit Juice Milk Selection	13 Mini Cinnis Assorted Fruit 100% Fruit Juice Milk Selection
16 School Closed	17 Breakfast Ring Assorted Fruit 100% Fruit Juice Milk Selection	18 Half Day Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	19 Egg & Cheese on a Roll Assorted Fruit 100% Fruit Juice Milk Selection	20 Mini Cinnis Assorted Fruit 100% Fruit Juice Milk Selection
23 Waffles 100% Fruit Juice Chilled Fruit Milk Selection	24 Breakfast Ring Assorted Fruit 100% Fruit Juice Milk Selection	25 Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	26 Egg & Cheese on a Roll Assorted Fruit 100% Fruit Juice Milk Selection	27 Mini Cinnis Assorted Fruit 100% Fruit Juice Milk Selection
30 Waffles 100% Fruit Juice Chilled Fruit Milk Selection	31 Breakfast Ring Assorted Fruit 100% Fruit Juice Milk Selection			



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

MENU SUBJECT TO CHANGE



Please Visit: www.maschiofood.com

"This institution is an equal opportunity provider"