

Thomas Edison EnergySmart Charter

December 2017
Breakfast Menu

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!

All Entrées are served with:
Assorted Fruit
100% Juice
Milk Selection

*Entrée Available Daily:

-Assorted Cereal with Graham Crackers

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

Student Breakfast
\$1.75

Adult Breakfast
\$2.25

Reduced Breakfast
\$0.30

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS				
				1 Breakfast Special: Bagel with Cream Cheese or *Entrée Available Daily
4 Breakfast Special: Breakfast Ring or *Entrée Available Daily	5 Breakfast Special: Mini Cinnis or *Entrée Available Daily	6 Breakfast Special: Pancakes or Waffles or *Entrée Available Daily	7 Breakfast Special: Yogurt & Graham Crackers or *Entrée Available Daily	8 Breakfast Special: Bagel with Cream Cheese or *Entrée Available Daily
11 Breakfast Special: Breakfast Ring or *Entrée Available Daily	12 Breakfast Special: Mini Cinnis or *Entrée Available Daily	13 Breakfast Special: Pancakes or Waffles or *Entrée Available Daily	14 Breakfast Special: Yogurt & Graham Crackers or *Entrée Available Daily	15 Breakfast Special: Bagel with Cream Cheese or *Entrée Available Daily
18 School Closed	19 School Closed	20 School Closed	21 School Closed	22 School Closed
Enjoy your Winter Break & Have a Happy New Year!				
25	26	27	28	29

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www.maschiofood.com


Maschio's
Food Services, Inc.

MENU SUBJECT
TO CHANGE

"This institution is an equal opportunity provider"