

Thomas Edison EnergySmart Charter

November 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:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

Student Breakfast
\$1.75

Adult Breakfast
\$2.25

Reduced Breakfast
\$0.30

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>		<p>1 Breakfast Special: Pancakes or Waffles or *Entrée Available Daily</p>	<p>2 Breakfast Special: Yogurt & Graham Crackers or *Entrée Available Daily</p>	<p>3 Breakfast Special: Bagel with Cream Cheese or *Entrée Available Daily</p>
<p>6 Breakfast Special: Breakfast Ring or *Entrée Available Daily</p>	<p>7 Breakfast Special: Mini Cinnis or *Entrée Available Daily</p>	<p>8 Breakfast Special: Pancakes or Waffles or *Entrée Available Daily</p>	<p>9 Breakfast Special: Yogurt & Graham Crackers or *Entrée Available Daily</p>	<p>10 Breakfast Special: Bagel with Cream Cheese or *Entrée Available Daily</p>
<p>13 Breakfast Special: Breakfast Ring or *Entrée Available Daily</p>	<p>14 Half Day Breakfast Special: Mini Cinnis or *Entrée Available Daily</p>	<p>15 Breakfast Special: Pancakes or Waffles or *Entrée Available Daily</p>	<p>16 Breakfast Special: Yogurt & Graham Crackers or *Entrée Available Daily</p>	<p>17 Breakfast Special: Bagel with Cream Cheese or *Entrée Available Daily</p>
<p>20 Breakfast Special: Breakfast Ring or *Entrée Available Daily</p>	<p>21 Breakfast Special: Mini Cinnis or *Entrée Available Daily</p>	<p>22 Half Day Breakfast Special: Pancakes or Waffles or *Entrée Available Daily</p>	<p>23 School Closed</p>	<p>24 </p>
<p>27 Breakfast Special: Breakfast Ring or *Entrée Available Daily</p>	<p>28 Breakfast Special: Mini Cinnis or *Entrée Available Daily</p>	<p>29 Breakfast Special: Pancakes or Waffles or *Entrée Available Daily</p>	<p>30 Breakfast Special: Yogurt & Graham Crackers or *Entrée Available Daily</p>	<p></p>

Happy Thanksgiving!

Connect with us!   

Please Visit:
www.maschiofood.com

MENU SUBJECT TO CHANGE


"This institution is an equal opportunity provider"