

The Ethical Community Charter School

January 2018

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

\$1.50

Adult Breakfast

\$2.00

Reduced Breakfast

\$0.30

take time for
**school
BREAKFAST**



NUTRITION NEWS:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy,

legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Waffles Assorted Fruit 100% Juice Milk Selection	3 Mini Pancakes Assorted Fruit 100% Juice Milk Selection	4 Yogurt and Muffin Assorted Fruit 100% Juice Milk Selection	5 French Toast Assorted Fruit 100% Juice Milk Selection
8 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	9 Waffles Assorted Fruit 100% Juice Milk Selection	10 Mini Pancakes Assorted Fruit 100% Juice Milk Selection	11 Yogurt and Muffin Assorted Fruit 100% Juice Milk Selection	12 Half Day French Toast Assorted Fruit 100% Juice Milk Selection
15 Martin Luther King Jr. Day School Closed	16 Waffles Assorted Fruit 100% Juice Milk Selection	17 Mini Pancakes Assorted Fruit 100% Juice Milk Selection	18 Yogurt and Muffin Assorted Fruit 100% Juice Milk Selection	19 French Toast Assorted Fruit 100% Juice Milk Selection
22 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	23 Waffles Assorted Fruit 100% Juice Milk Selection	24 Mini Pancakes Assorted Fruit 100% Juice Milk Selection	25 Yogurt and Muffin Assorted Fruit 100% Juice Milk Selection	26 French Toast Assorted Fruit 100% Juice Milk Selection
29 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	30 Waffles Assorted Fruit 100% Juice Milk Selection	31 Mini Pancakes Assorted Fruit 100% Juice Milk Selection		

2018
HAPPY NEW YEAR!

Connect with us!



Please Visit: www.maschiofood.com

MENU SUBJECT
TO CHANGE

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"