



# Decker School

## March 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!

**ALL MEALS SERVED WITH 100% FRUIT JUICE  
CHILLED FRUIT  
MILK SELECTION**

**Student Breakfast**

**\$1.50**

**Adult Breakfast**

**\$2.25**

**Reduced Breakfast**

**\$0.30**



### Nutrition News

**Celebrate National Nutrition Month®!**

Take the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal- each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body- slow down and savor each bite!

# MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	2 Donut or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	3 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit
6 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	7 Donut or Assorted Frudel with Yogurt 100% Fruit Juice Chilled Fruit Milk Selection	8 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	9 Donut or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	10 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit
ARE YOU UP FOR THE CHALLENGE?		CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!		
13 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	14 Donut or Assorted Frudel with Yogurt 100% Fruit Juice Chilled Fruit Milk Selection	15 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	16 Donut or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	17 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit
20 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	21 Donut or Assorted Frudel with Yogurt 100% Fruit Juice Chilled Fruit Milk Selection	22 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	23 Donut or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	24 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit
27 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	28 Donut or Assorted Frudel with Yogurt 100% Fruit Juice Chilled Fruit Milk Selection	29 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit	30 Donut or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection	31 Donut, Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit



Check us out on Facebook : **Maschio's Food Services, Inc.**  
MENU SUBJECT TO CHANGE

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



"This institution is an equal opportunity provider"