



Mount Arlington

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 Come With:
100% Fruit Juice
Chilled Fruit
Milk Selection

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!

Student Breakfast

\$1.50

Adult Breakfast

\$2.25

Reduced Breakfast

\$0.30



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
6	7	8	9	10
Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
ARE YOU UP FOR THE CHALLENGE?		CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!		
13	14	15	16	17
Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
20	21	22	23	24
Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
27	28	29	30	31
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MENU SUBJECT TO CHANGE

Please Visit: www.maschiofood.com



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