



Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	2 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection
5 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	6 Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	7 Cinnamon Bun or Cereal Assorted Fruit 100% Juice Milk Selection	8 Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	9 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection
12 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	13 Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	14 Cinnamon Bun or Cereal Assorted Fruit 100% Juice Milk Selection	15 Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	16 School Closed
19 School Closed	20 Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	21 Cinnamon Bun or Cereal Assorted Fruit 100% Juice Milk Selection	22 Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	23 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection
26 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	27 Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	28 Cinnamon Bun or Cereal Assorted Fruit 100% Juice Milk Selection		

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!

NUTRITION NEWS:

February is Heart Healthy Month!

The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

Student Breakfast

\$1.50

Adult Breakfast

\$1.80

Reduced Breakfast

\$0.30

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www.maschiofood.com



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"