

Washington Township Schools

March 2018
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!

NUTRITION NEWS:

Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!

- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!

- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

Student Breakfast



\$1.50

Adult Breakfast

\$1.80

Reduced Breakfast

\$0.30

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</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 <i>Dr. Seuss' Birthday Read Across America</i>
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
 National School Breakfast Week				
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 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection
19 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	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	29 Half Day Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	30 School Closed

Connect with us!



Please Visit:

www.maschiofood.com

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"