

Mount Olive Elementary Schools

December 2017

Get a Healthy Start to Your Day with School Breakfast!

Available Daily:
Assorted Cereals served with
Graham Crackers
Assorted Fruit
100% Juice Selection
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$2.00

Adult Breakfast \$3.00

Reduced Breakfast \$0.30

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.



Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS				1 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
4 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	5 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	6 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	7 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	8 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
11 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	12 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	13 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	14 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	15 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
18 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	19 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	20 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	21 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	22 Half Day Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

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Please Visit: www.maschiofood.com

MENU SUBJECT

Maschio's
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