



**Mount Olive**

**Ele-**

**January 2018  
Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	3 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	4 <b>Assorted Muffins with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	5 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
8 <b>Assorted Muffins with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	9 <b>Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	10 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	11 <b>Assorted Muffins with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	12 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16 <b>Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	17 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	18 <b>Assorted Muffins with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	19 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
22 <b>Assorted Muffins with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	23 <b>Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	24 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	25 <b>Assorted Muffins with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	26 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
29 <b>Assorted Muffins with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	30 <b>Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	31 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection		

**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:**

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!



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**MENU SUBJECT TO CHANGE**

**Maschio's**  
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