



Hamburg School

March 2017 Breakfast Menu

Healthy Meals Grow Healthy Kids!



Get a Healthy Start to Your Day with School Breakfast!

7:40-8:00 Daily

Wednesday is "Hot Breakfast Day!"
Friday is Hot Chocolate Day!

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

Offered with all Meals:

Assorted Juices
Fruit Cup
Milk Selection

Bagel Toppings:

Cream Cheese, Jelly or

Student Breakfast

\$1.60

Adult Breakfast

\$2.10

Reduced Breakfast

\$0.30

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!

take time for
school
BREAKFAST



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	2 Assorted Whole Grain Cereals & Graham Crackers OR Warm Whole Grain Spice Donut	3 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping
6 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	7 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	8 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	9 Assorted Whole Grain Cereals & Graham Crackers OR Warm Whole Grain Spice Donut	10 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping
ARE YOU UP FOR THE CHALLENGE? CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!				
13 School Closed	14 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	15 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	16 Assorted Whole Grain Cereals & Graham Crackers OR Warm Whole Grain Spice Donut	17 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping
20 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	21 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	22 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	23 Assorted Whole Grain Cereals & Graham Crackers OR Warm Whole Grain Spice Donut	24 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping
27 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	28 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping	29 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup	30 Assorted Whole Grain Cereals & Graham Crackers OR Warm Whole Grain Spice Donut	31 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping

MENU SUBJECT TO CHANGE



Check us out on Facebook : Maschio's Food Services, Inc.

Please Visit: www.maschiofood.com


Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"