

Bloomfield Elementary Schools

January 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

All Entrees are served with:
Assorted Fruit
100% Juice
Low Fat Milk Choice

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

Student Breakfast \$1.30

Adult Breakfast \$1.70

Reduced Breakfast \$0.30

take time for
school
BREAKFAST



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!

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	3 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	4 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	5 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers
8 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	9 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	10 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	11 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	12 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers
15 Martin Luther King Jr. Day School Closed	16 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	17 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	18 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	19 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers
22 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	23 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	24 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	25 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	26 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers
29 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	30 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers	31 Assorted Muffins with Graham Crackers Cereal Bowl with Graham Crackers Cereal Bar with Graham Crackers		

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2018
HAPPY NEW YEAR!

MENU SUBJECT TO CHANGE

Maschio's
Food Services, Inc.

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