



# Montgomery Academy

## January 2017 Breakfast Menu

Healthy Meals Grow Healthy Kids!

### 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!

**Student Breakfast**

**\$2.00**

**Adult Breakfast**

**\$2.50**

**Reduced Breakfast**

**\$0.30**

take time for  
**school  
BREAKFAST**



### Nutrition News

**Ring in the New Year with healthy achievable goals!**

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

**MASCHIO'S MAIN EVENT**

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>School Closed</b>	3 <b>Bagel with Cream Cheese or Jelly</b> Assorted Fruit 100% Fruit Juice Milk Selection	4 <b>Muffin with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	5 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	6 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection
9 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	10 <b>Bagel with Cream Cheese or Jelly</b> Assorted Fruit 100% Fruit Juice Milk Selection	11 <b>Muffin with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	12 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	13 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection
16 <b>School Closed</b>	17 <b>Bagel with Cream Cheese or Jelly</b> Assorted Fruit 100% Fruit Juice Milk Selection	18 <b>Muffin with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	19 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	20 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection
23 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	24 <b>Bagel with Cream Cheese or Jelly</b> Assorted Fruit 100% Fruit Juice Milk Selection	25 <b>Muffin with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	26 <b>Cereal Bar with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	27 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection
30 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	31 <b>Bagel with Cream Cheese or Jelly</b> Assorted Fruit 100% Fruit Juice Milk Selection			



Check us out on Facebook : [Maschio's Food Services, Inc.](http://www.maschiofood.com)

Please Visit: [www.maschiofood.com](http://www.maschiofood.com)

**MENU SUBJECT TO CHANGE**



"This institution is an equal opportunity provider"