

**Thomas Edison  
EnergySmart Charter  
January 2018  
Breakfast Menu**

**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!**

**All Entrées are served with:**  
Assorted Fruit  
100% Juice  
Milk Selection

**Entrée Available Daily:**

**-Assorted Cereal with Graham Crackers**

**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!

**Student Breakfast  
\$1.75**

**Adult Breakfast  
\$2.25**

**Reduced Breakfast  
\$0.30**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	3 <b>Mini Cinnis</b> Assorted Fruit 100% Fruit Juice Milk Selection	4 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	5 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection
8 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection	9 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	10 <b>Mini Cinnis</b> Assorted Fruit 100% Fruit Juice Milk Selection	11 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	12 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	17 <b>Mini Cinnis</b> Assorted Fruit 100% Fruit Juice Milk Selection	18 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	19 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection
22 <b>Half Day</b> <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection	23 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	24 <b>Mini Cinnis</b> Assorted Fruit 100% Fruit Juice Milk Selection	25 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	26 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection
29 <b>Breakfast Ring</b> Assorted Fruit 100% Fruit Juice Milk Selection	30 <b>Pancakes or Waffles</b> Assorted Fruit 100% Fruit Juice Milk Selection	31 <b>Mini Cinnis</b> Assorted Fruit 100% Fruit Juice Milk Selection		

**Connect with us!**   

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

**MENU SUBJECT  
TO CHANGE**  
  
"This institution is an equal opportunity provider"