

Leonia Public Schools

December 2017
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!

Student Breakfast
\$1.70

Adult Breakfast
\$2.20

Reduced Breakfast
\$0.30

take time for
**school
BREAKFAST**



NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.



Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS				
				1 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
4 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	5 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	6 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	7 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	8 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
11 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	12 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	13 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	14 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	15 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
18 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	19 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	20 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	21 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	22 Breakfast Burrito Assorted Fruit 100% Juice Milk Selection
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

Connect with us!   

Please Visit: www.maschiofood.com

MENU SUBJECT

Maschio's
Food Services, Inc.
"This institution is an equal opportunity provider"