



Leonia Public Schools

February 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!

Student Breakfast
\$1.70

Adult Breakfast
\$2.20

Reduced Breakfast
\$0.30

take time for
school
BREAKFAST



NUTRITION NEWS:

February is Heart Healthy Month! The heart is one of the most

important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating

well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy!

Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>			1 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection
5 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	6 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	7 Yogurt Parfait Assorted Fruit 100% Juice Milk Selection	8 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	9 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
12 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	13 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	14 Yogurt Parfait Assorted Fruit 100% Juice Milk Selection	15 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	16 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
19 President's Day School Closed	20 School Closed	21 Yogurt Parfait Assorted Fruit 100% Juice Milk Selection	22 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	23 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
26 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	27 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	28 Yogurt Parfait Assorted Fruit 100% Juice Milk Selection		

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MENU SUBJECT
TO CHANGE

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"