

# Ethical Community Charter School

## November 2017 Snack Menu

### NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

MENU SUBJECT TO CHANGE




Connect with us!



@maschiofood



"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Try to fill at least half your plate with fruits and vegetables!</b></p>		1 <b>Assorted Muffins</b> 100% Juice Choice	2 <b>Goldfish Pretzels</b> 100% Juice Choice	3 <b>Cereal Bar</b> 100% Juice Choice
6 <b>Goldfish Pretzels</b> 100% Juice Choice	7 <b>Bug Bites</b> <b>Graham Crackers</b> 100% Juice Choice	8 <b>Assorted Muffins</b> 100% Juice Choice	9 <b>Goldfish Pretzels</b> 100% Juice Choice	10 <b>School Closed</b>
13 <b>Goldfish Pretzels</b> 100% Juice Choice	14 <b>Bug Bites</b> <b>Graham Crackers</b> 100% Juice Choice	15 <b>Assorted Muffins</b> 100% Juice Choice	16 <b>Goldfish Pretzels</b> 100% Juice Choice	17 <b>Cereal Bar</b> 100% Juice Choice
20 <b>Goldfish Pretzels</b> 100% Juice Choice	21 <b>Bug Bites</b> <b>Graham Crackers</b> 100% Juice Choice	22 <b>Assorted Muffins</b> 100% Juice Choice	23 <b>School Closed</b>  <b>Happy Thanksgiving!</b>	24 
27 <b>Goldfish Pretzels</b> 100% Juice Choice	28 <b>Bug Bites</b> <b>Graham Crackers</b> 100% Juice Choice	29 <b>Assorted Muffins</b> 100% Juice Choice	30 <b>Goldfish Pretzels</b> 100% Juice Choice	

Healthy Meals Grow Healthy Kids!