



# The Ethical Community Charter School

## October 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**

**\$1.50**

**Adult Breakfast**

**\$2.00**

**Reduced Breakfast**

**\$0.30**

take time for  
**school  
BREAKFAST**



**Cook Up your own Recipe for Success during National School Lunch Week!**




This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details. There will be three winners

company-wide.

Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

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

Connect with us!



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



**MENU SUBJECT TO CHANGE**

"This institution is an equal opportunity provider"