

# The Ethical Community Charter School

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

\$1.50

Adult Breakfast

\$2.00

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
<b>HAPPY HOLIDAYS</b>				1 <b>Half Day French Toast</b> Assorted Fruit 100% Juice Milk Selection
4 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Juice Milk Selection	5 <b>Waffles</b> Assorted Fruit 100% Juice Milk Selection	6 <b>Yogurt and Muffin</b> Assorted Fruit 100% Juice Milk Selection	7 <b>Half Day Mini Pancakes</b> Assorted Fruit 100% Juice Milk Selection	8 <b>French Toast</b> Assorted Fruit 100% Juice Milk Selection
11 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Juice Milk Selection	12 <b>Waffles</b> Assorted Fruit 100% Juice Milk Selection	13 <b>Yogurt and Muffin</b> Assorted Fruit 100% Juice Milk Selection	14 <b>Mini Pancakes</b> Assorted Fruit 100% Juice Milk Selection	15 <b>French Toast</b> Assorted Fruit 100% Juice Milk Selection
18 <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Juice Milk Selection	19 <b>Waffles</b> Assorted Fruit 100% Juice Milk Selection	20 <b>Yogurt and Muffin</b> Assorted Fruit 100% Juice Milk Selection	21 <b>Mini Pancakes</b> Assorted Fruit 100% Juice Milk Selection	22 <b>Half Day French Toast</b> Assorted Fruit 100% Juice Milk Selection
25	26	27	28	29
<b>Enjoy your Winter Break &amp; Have a Happy New Year!</b>				

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