



# Ethical Community Charter School

## February 2018 Snack Menu

### 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!

MENU SUBJECT TO CHANGE

Connect with us!



@maschiofood



"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Keep your heart happy by choosing healthy options!</i></p>		<p>1 <b>Goldfish Pretzels</b> 100% Juice Choice</p>	<p>2 <b>Cereal Bar</b> 100% Juice Choice</p>
<p>5 <b>Goldfish Pretzels</b> 100% Juice Choice</p>	<p>6 <b>Bug Bites</b> <b>Graham Crackers</b> 100% Juice Choice</p>	<p>7 <b>Assorted Muffins</b> 100% Juice Choice</p>	<p>8 <b>Goldfish Pretzels</b> 100% Juice Choice</p>	<p>9 <b>Cereal Bar</b> 100% Juice Choice</p>
<p>12 <b>Goldfish Pretzels</b> 100% Juice Choice</p>	<p>13 <b>Bug Bites</b> <b>Graham Crackers</b> 100% Juice Choice</p>	<p>14 <b>Assorted Muffins</b> 100% Juice Choice</p>	<p>15 <b>Goldfish Pretzels</b> 100% Juice Choice</p>	<p>16 <b>Cereal Bar</b> 100% Juice Choice</p>
<p>19 <b>President's Day</b>  <b>School Closed</b></p>	<p>20 <b>School Closed</b></p>	<p>21 <b>School Closed</b></p>	<p>22 <b>School Closed</b></p>	<p>23 <b>School Closed</b></p>
<p>26 <b>Goldfish Pretzels</b> 100% Juice Choice</p>	<p>27 <b>Bug Bites</b> <b>Graham Crackers</b> 100% Juice Choice</p>	<p>28 <b>Assorted Muffins</b> 100% Juice Choice</p>		

Healthy Meals Grow Healthy Kids!