



Golden Door Charter School

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

\$1.50

Adult Breakfast

\$2.00

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 Egg & Cheese on a Bun Assorted Fruit 100% Fruit Juice Milk Selection	2 Waffle Sticks with Syrup Assorted Fruit 100% Fruit Juice Milk Selection
5 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	6 Cinni Minis with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	7 Half Day Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	8 Half Day Egg & Cheese on a Bun Assorted Fruit 100% Fruit Juice Milk Selection	9 French Toast Sticks with Syrup Assorted Fruit 100% Fruit Juice Milk Selection
12 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	13 Cinni Minis with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	14 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	15 Egg & Cheese on a Bun Assorted Fruit 100% Fruit Juice Milk Selection	16 School Closed
19 President's Day School Closed	20 Cinni Minis with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	21 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	22 Egg & Cheese on a Bun Assorted Fruit 100% Fruit Juice Milk Selection	23 French Toast Sticks with Syrup Assorted Fruit 100% Fruit Juice Milk Selection
26 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	27 Cinni Minis with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	28 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection		

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MENU SUBJECT TO CHANGE

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"