



# Golden Door Charter

January 2018 Snack Menu

## NUTRITION NEWS:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

MENU SUBJECT TO CHANGE

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@maschiofood



This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b> <b>School Closed</b>	2 <b>Cereal Bowl</b> 100% Juice Choice	3 <b>Graham Crackers</b> 100% Juice Choice	4 <b>Cereal Bowl</b> 100% Juice Choice	5 <b>Assorted Muffins</b> 100% Juice Choice
8 <b>Goldfish Pretzels</b> 100% Juice Choice	9 <b>Cereal Bowl</b> 100% Juice Choice	10 <b>Graham Crackers</b> 100% Juice Choice	11 <b>Cereal Bowl</b> 100% Juice Choice	12 <b>Assorted Muffins</b> 100% Juice Choice
15 <b>Martin Luther King Jr. Day</b> <b>School Closed</b>	16 <b>Cereal Bowl</b> 100% Juice Choice	17 <b>Graham Crackers</b> 100% Juice Choice	18 <b>Cereal Bowl</b> 100% Juice Choice	19 <b>Assorted Muffins</b> 100% Juice Choice
22 <b>Goldfish Pretzels</b> 100% Juice Choice	23 <b>Cereal Bowl</b> 100% Juice Choice	24 <b>Graham Crackers</b> 100% Juice Choice	25 <b>Cereal Bowl</b> 100% Juice Choice	26 <b>Assorted Muffins</b> 100% Juice Choice
29 <b>Goldfish Pretzels</b> 100% Juice Choice	30 <b>Cereal Bowl</b> 100% Juice Choice	31 <b>Graham Crackers</b> 100% Juice Choice		

Healthy Meals Grow Healthy Kids! HAPPY NEW YEAR!