

Hudson Arts & Science Primary 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

\$1.90

Adult Breakfast

\$2.50

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
HAPPY HOLIDAYS				1 Mini Pancakes or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
4 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	5 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	6 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	7 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	8 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
11 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	12 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	13 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	14 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	15 Mini Pancakes or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
18 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	19 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	20 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	21 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	22 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

MENU SUBJECT
TO CHANGE

Connect with us!   

Please Visit: www.maschiofood.com


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