



# Hudson Arts & Science Primary 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

\$1.90

Adult Breakfast

\$2.50

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 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel with Cream Cheese or Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection
5 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	6 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	7 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	8 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	9 Mini Pancakes or Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection
12 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	13 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	14 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	15 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	16 <b>School Closed</b>
19 <b>President's Day School Closed</b>	20 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	21 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	22 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	23 Mini Pancakes or Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection
26 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	27 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	28 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection		

MENU SUBJECT  
TO CHANGE

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Food Services, Inc.

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