

Hudson Arts & Science Primary School

January 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:

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!

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	3 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	4 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	5 Mini Pancakes or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
8 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	9 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	10 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	11 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	12 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
15 Martin Luther King Jr. Day School Closed	16 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	17 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	18 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	19 Mini Pancakes or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
22 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	23 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	24 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	25 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	26 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
29 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	30 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	31 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection		

MENU SUBJECT
TO CHANGE

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