



Hudson Arts & Science Charter School

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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This institution is an equal opportunity provider*

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

Healthy Meals Grow Healthy Kids! **HAPPY NEW YEAR!**