



# Hudson Arts & Science Charter School

## March 2018 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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		<b>1 Cereal Bowl</b> 100% Juice Choice		<b>2 Assorted Muffin</b> 100% Juice Choice  <i>Dr. Seuss' Birthday - Read Across America</i>
<b>5 Goldfish Pretzels</b> 100% Juice Choice	<b>6 Cereal Bowl</b> 100% Juice Choice	<b>7 Graham Crackers</b> 100% Juice Choice	<b>8 Cereal Bowl</b> 100% Juice Choice	<b>9 Assorted Muffin</b> 100% Juice Choice
<b>National School Breakfast Week</b>				
<b>12 Goldfish Pretzels</b> 100% Juice Choice	<b>13 Cereal Bowl</b> 100% Juice Choice	<b>14 Graham Crackers</b> 100% Juice Choice	<b>15 Cereal Bowl</b> 100% Juice Choice	<b>16 Assorted Muffin</b> 100% Juice Choice
<b>19 Goldfish Pretzels</b> 100% Juice Choice	<b>20 Cereal Bowl</b> 100% Juice Choice	<b>21 Graham Crackers</b> 100% Juice Choice	<b>22 Cereal Bowl</b> 100% Juice Choice	<b>23 Assorted Muffin</b> 100% Juice Choice
<b>26 Goldfish Pretzels</b> 100% Juice Choice	<b>27 Cereal Bowl</b> 100% Juice Choice	<b>28 Graham Crackers</b> 100% Juice Choice	<b>29 Cereal Bowl</b> 100% Juice Choice	<b>30 School Closed</b>

### NUTRITION NEWS:

Celebrate **National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

MENU SUBJECT TO CHANGE

Connect with us!



@maschiofood



"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!