



# Passaic Arts & Science

## April 2018 Snack Menu

### NUTRITION NEWS:

#### Eat the Colors of the Rainbow Week

Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

MENU SUBJECT TO CHANGE

Connect with us!



@maschiofood



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<h1>Spring Recess! School Closed</h1>				
9 <b>Cereal Bowl</b> 100% Juice Choice	10 <b>Pretzels</b> 100% Juice Choice	11 <b>Pretzels</b> 100% Juice Choice	12 <b>Graham Crackers</b> 100% Juice Choice	13 <b>Cereal Bowl</b> 100% Juice Choice
16 <b>Cereal Bowl</b> 100% Juice Choice	17 <b>Pretzels</b> 100% Juice Choice	18 <b>Pretzels</b> 100% Juice Choice	19 <b>Graham Crackers</b> 100% Juice Choice	20 <b>Cereal Bowl</b> 100% Juice Choice
23 <b>Cereal Bowl</b> 100% Juice Choice	24 <b>Pretzels</b> 100% Juice Choice	25 <b>Pretzels</b> 100% Juice Choice	26 <b>Graham Crackers</b> 100% Juice Choice	27 <b>Cereal Bowl</b> 100% Juice Choice
30 <b>Cereal Bowl</b> 100% Juice Choice				

# Healthy Meals Grow Healthy Kids!



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