



Passaic Arts & Science

February 2018 Snack Menu

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!

MENU SUBJECT TO CHANGE

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@maschiofood



"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Keep your heart happy by choosing healthy options!</i></p>		1 Cereal Bowl 100% Juice Choice	2 Assorted Muffin 100% Juice Choice
5 Goldfish Pretzels 100% Juice Choice	6 Cereal Bowl 100% Juice Choice	7 Graham Crackers 100% Juice Choice	8 Cereal Bowl 100% Juice Choice	9 Assorted Muffin 100% Juice Choice
12 Goldfish Pretzels 100% Juice Choice	13 Cereal Bowl 100% Juice Choice	14 Graham Crackers 100% Juice Choice	15 Cereal Bowl 100% Juice Choice	16 School Closed
19 President's Day School Closed	20 Cereal Bowl 100% Juice Choice	21 Graham Crackers 100% Juice Choice	22 Cereal Bowl 100% Juice Choice	23 Assorted Muffin 100% Juice Choice
26 Goldfish Pretzels 100% Juice Choice	27 Cereal Bowl 100% Juice Choice	28 Graham Crackers 100% Juice Choice		

Healthy Meals Grow Healthy Kids!