



Passaic Arts & Science

January 2018 MS 4-8 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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@maschiofood



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

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



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