

Bergen Arts & Science Charter School

December 2017 Snack Menu

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips and potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

MENU SUBJECT TO CHANGE

Connect with us!



@maschiofood



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
|  <h1>HAPPY HOLIDAYS</h1> | | | | 1 Assorted Muffins 100% Juice Choice |
| 4 Goldfish Pretzels 100% Juice Choice | 5 Cereal Bowl 100% Juice Choice | 6 Cereal Bowl 100% Juice Choice | 7 Graham Crackers 100% Juice Choice | 8 Assorted Muffins 100% Juice Choice |
| 11 Goldfish Pretzels 100% Juice Choice | 12 Cereal Bowl 100% Juice Choice | 13 Cereal Bowl 100% Juice Choice | 14 Graham Crackers 100% Juice Choice | 15 Assorted Muffins 100% Juice Choice |
| 18 Goldfish Pretzels 100% Juice Choice | 19 Cereal Bowl 100% Juice Choice | 20 Cereal Bowl 100% Juice Choice | 21 Graham Crackers 100% Juice Choice | 22 Assorted Muffins 100% Juice Choice |
| 25 | 26 | 27 | 28 | 29 |

Enjoy your Winter Break & Have a Happy New Year!
 Healthy Meals Grow Healthy Kids!



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