



# Bergen Arts & Science Charter School

## 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 <b>Graham Crackers</b> 100% Juice Choice	2 <b>Assorted Muffins</b> 100% Juice Choice
5 <b>Goldfish Pretzels</b> 100% Juice Choice	6 <b>Cereal Bowl</b> 100% Juice Choice	7 <b>Cereal Bowl</b> 100% Juice Choice	8 <b>Graham Crackers</b> 100% Juice Choice	9 <b>Assorted Muffins</b> 100% Juice Choice
12 <b>Goldfish Pretzels</b> 100% Juice Choice	13 <b>Cereal Bowl</b> 100% Juice Choice	14 <b>Cereal Bowl</b> 100% Juice Choice	15 <b>Graham Crackers</b> 100% Juice Choice	16 <b>School Closed</b>
19 <b>President's Day</b>  <b>School Closed</b>	20 <b>Cereal Bowl</b> 100% Juice Choice	21 <b>Cereal Bowl</b> 100% Juice Choice	22 <b>Graham Crackers</b> 100% Juice Choice	23 <b>Assorted Muffins</b> 100% Juice Choice
26 <b>Goldfish Pretzels</b> 100% Juice Choice	27 <b>Cereal Bowl</b> 100% Juice Choice	28 <b>Cereal Bowl</b> 100% Juice Choice		

Healthy Meals Grow Healthy Kids!