



Bergen Arts & Science Charter School

March 2018 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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		1 Graham Crackers 100% Juice Choice		2 Assorted Muffins 100% Juice Choice <i>Dr. Seuss' Birthday - Read Across America</i>
5 Goldfish Pretzels 100% Juice Choice	6 Cereal Bowl 100% Juice Choice	7 Cereal Bowl 100% Juice Choice	8 Graham Crackers 100% Juice Choice	9 Assorted Muffins 100% Juice Choice
12 Goldfish Pretzels 100% Juice Choice	13 Cereal Bowl 100% Juice Choice	14 Cereal Bowl 100% Juice Choice	15 Graham Crackers 100% Juice Choice	16 Assorted Muffins 100% Juice Choice
19 Goldfish Pretzels 100% Juice Choice	20 Cereal Bowl 100% Juice Choice	21 Cereal Bowl 100% Juice Choice	22 Graham Crackers 100% Juice Choice	23 Assorted Muffins 100% Juice Choice
26 Goldfish Pretzels 100% Juice Choice	27 Cereal Bowl 100% Juice Choice	28 Cereal Bowl 100% Juice Choice	29 Graham Crackers 100% Juice Choice	30 School Closed

NUTRITION NEWS:

Celebrate **National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

MENU SUBJECT TO CHANGE

Connect with us!



@maschiofood



"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!