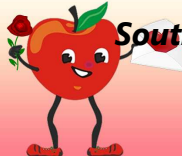


Stockton School



South Hunterdon Regional School District

February 2017 Breakfast Menu

Healthy Meals Grow Healthy Kids!

Get a Healthy Start to Your Day with School Breakfast!

Available Daily:
Assorted Cereals with Graham Crackers or Cheese Stick
 Assorted Fruit
 100% Juice Selection
 Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$1.85


Adult Breakfast \$2.55

Reduced Breakfast \$0.30



Nutrition News

February is Heart Healthy Month! Your heart is a muscle and getting at least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yogurt Pak Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	3 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
6 Cereal Bowl Pack with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	7 PB&J Assorted Fruit 100% Fruit Juice Milk Selection	8 Yogurt Pak Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	10 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
13 Cereal Bowl Pack with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	14 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	15 Yogurt Pak Assorted Fruit 100% Fruit Juice Milk Selection	16 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	17 School Closed
20 School Closed Presidents' Day	21 PB&J Assorted Fruit 100% Fruit Juice Milk Selection	22 Yogurt Pak Assorted Fruit 100% Fruit Juice Milk Selection	23 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	24 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
27 Cereal Bowl Pack with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	28 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	 <p>Keep your heart happy by choosing healthy options!</p>		

MENU SUBJECT TO CHANGE



Check us out on Facebook : **Maschio's Food Services, Inc.**

Please Visit: www.maschiofood.com



"This institution is an equal opportunity provider"