

Christ the King Prep

February 2017 Snack Menu



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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Keebler Gripz Graham Crackers Fresh Fruit	2 Cereal Bar 100% Juice Choice	3 Cheddar Goldfish Cheese Crackers 100% Juice Choice
6 Graham Crackers Fresh Fruit	7 Cheddar Goldfish Cheese Crackers 100% Juice Choice	8 Keebler Gripz Graham Crackers Fresh Fruit	9 Cereal Bar 100% Juice Choice	10 Cheddar Goldfish Cheese Crackers 100% Juice Choice
13 Graham Crackers Fresh Fruit	14 Cheddar Goldfish Cheese Crackers 100% Juice Choice	15 Keebler Gripz Graham Crackers Fresh Fruit	16 Cereal Bar 100% Juice Choice	17 Cheddar Goldfish Cheese Crackers 100% Juice Choice
20 School Closed	21 Cheddar Goldfish Cheese Crackers 100% Juice Choice	22 Keebler Gripz Graham Crackers Fresh Fruit	23 Cereal Bar 100% Juice Choice	24 Cheddar Goldfish Cheese Crackers 100% Juice Choice
27 Half Day	28 Cheddar Goldfish Cheese Crackers 100% Juice Choice	 <p>Keep your heart happy by choosing healthy options!</p>		

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Healthy Meals Grow Healthy Kids!