


OCTOBER

Memorial School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
		<p>Breakfast Prices • Student Breakfast: \$0.00 • Adult Breakfast: \$1.65 • Reduced Breakfast: \$0.00</p>	<ul style="list-style-type: none"> • Muffin Bag Meal • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety
5	6	7	8	9
<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Bagel Bag w/ Cheese • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Muffin Bag Meal • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety
12	13	14	15	16
 <p>COLUMBUS DAY</p> <p>School Closed</p>	<ul style="list-style-type: none"> • Bagel Bag w/ Cheese • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Muffin Bag Meal • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety
19	20	21	22	23
<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Bagel Bag w/ Cheese • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Muffin Bag Meal • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety
26	27	28	29	30
<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Bagel Bag w/ Cheese • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Muffin Bag Meal • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety 	<ul style="list-style-type: none"> • Assorted Breakfast Kit • Fresh Fruit or 100% Fruit Juice 🍏🍎 • Milk Variety

Menus are Subject to Change Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

Nutrition Info K-5. Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat. Menus are Subject to Change. Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.



QUESTIONS OR COMMENTS?
 Please call us at (573) 598-0000 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!