



OCTOBER

Memorial School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch Prices
 • Student Lunch: \$0.00
 • Reduced Lunch: \$0.00
 • Adult Lunch: \$3.40

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice.

1
 • Cereal Bag w/ Yogurt
 Vegetable of the Day

2
 • Ham & Cheese on Croissant
 Vegetable of the Day

5

• Turkey & Cheese on a Kaiser
 Vegetable of the Day

6

• Bagel Bag w/ Yogurt &
 Cheese
 Vegetable of the Day

7

• Italian Sub
 Vegetable of the Day

8

• Cereal Bag w/ Yogurt
 Vegetable of the Day

9

• Ham & Cheese on Croissant
 Vegetable of the Day

12



School Closed

13

• Bagel Bag w/ Yogurt &
 Cheese
 Vegetable of the Day

14

• Italian Sub
 Vegetable of the Day

15

• Cereal Bag w/ Yogurt
 Vegetable of the Day

16

• Ham & Cheese on Croissant
 Vegetable of the Day

19

• Turkey & Cheese on a Kaiser
 Vegetable of the Day

20

• Bagel Bag w/ Yogurt &
 Cheese
 Vegetable of the Day

21

• Italian Sub
 Vegetable of the Day

22

• Cereal Bag w/ Yogurt
 Vegetable of the Day

23

• Ham & Cheese on Croissant
 Vegetable of the Day

26

• Turkey & Cheese on a Kaiser
 Vegetable of the Day

27

• Bagel Bag w/ Yogurt &
 Cheese
 Vegetable of the Day

28

• Italian Sub
 Vegetable of the Day

29

• Cereal Bag w/ Yogurt
 Vegetable of the Day

30

• Ham & Cheese on Croissant
 Vegetable of the Day

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.

EOR 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 Carbohydrates 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 (978) 528-0005 to speak
 to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!