



JANUARY

Memorial School Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><i>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.</i></p>	<p>1 New Year's Day - No School</p>
3	4 • Italian Sub Vegetable of the Day	5 • Bagel Bag w/ Yogurt & Cheese Vegetable of the Day	6 Crispy Chicken Sandwich Vegetable of the Day	7 • Cereal Bag w/ Yogurt Vegetable of the Day	8 • Cheese Pizza Vegetable of the Day
10	11 • Italian Sub Vegetable of the Day	12 • Bagel Bag w/ Yogurt & Cheese Vegetable of the Day	13 • Crispy Chicken Sandwich Vegetable of the Day	14 • Cereal Bag w/ Yogurt Vegetable of the Day	15 • Cheese Pizza Vegetable of the Day
17	18 MLK Day - No School	19 • Bagel Bag w/ Yogurt & Cheese Vegetable of the Day	20 • Crispy Chicken Sandwich Vegetable of the Day	21 • Cereal Bag w/ Yogurt Vegetable of the Day	22 • Cheese Pizza Vegetable of the Day
24	25 • Italian Sub Vegetable of the Day	26 • Bagel Bag w/ Yogurt & Cheese Vegetable of the Day	27 • Crispy Chicken Sandwich Vegetable of the Day	28 • Cereal Bag w/ Yogurt Vegetable of the Day	29 • Cheese Pizza Vegetable of the Day
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Lunch Prices
 • Student Lunch: \$0.00
 • Reduced Lunch: \$0.00
 • Adult Lunch: \$3.40

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 (571) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!