

# October 2018

## Hamburg School Breakfast

Breakfast Prices Student Breakfast: \$1.60 Reduced Breakfast: \$0.30 Adult Breakfast: \$2.10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Pancakes with Syrup</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Waffles with Syrup</li> </ul>
<b>8</b> Columbus Day-No School	<b>9</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Pancakes with Syrup</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Waffles with Syrup</li> </ul>
<b>15</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Pancakes with Syrup</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Waffles with Syrup</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Pancakes with Syrup</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Waffles with Syrup</li> </ul>
<b>29</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Bagel with Topping 100% Fruit Juice</li> <li>Milk Variety</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Assorted Whole Grain Cereals with Graham Crackers or</li> <li>Pancakes with Syrup</li> </ul>		



**Menus are Subject to Change** The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit [www.maschiofood.com](http://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.

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