

2020
HEALTHY
MEALS



SEPTEMBER

Breakfast

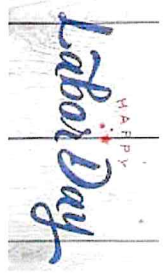
Hamburg School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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- Breakfast Prices**
 -Student Breakfast: \$1.65
 -Reduced Breakfast: \$0.00
 -Adult Breakfast: \$2.10

7

- 8
 - Muffin Bag Meal (7g Sat Fat)
 - Assorted Fruit (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 9
 - Assorted NutriGrain Bar with Graham Crackers (0g Sat Fat)
 - 100% Fruit Juice (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 10
 - Bagel Meal with Two Cheese Sticks (7g Sat Fat)
 - Assorted Fruit (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 11
 - Assorted Whole Grain Muffin (0.6g Sat Fat)
 - 100% Fruit Juice (0g Sat Fat)
 - Milk Variety (0g Sat Fat)



14

- 15
 - Assorted Pop-Tart with Graham Crackers
 - Assorted Fruit (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 16
 - Mini Maple Pancakes (7g Sat Fat)
 - 100% Fruit Juice (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 17
 - Assorted Muffin
 - Assorted Fruit (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 18
 - Assorted NutriGrain Bar with Graham Crackers (0g Sat Fat)
 - 100% Fruit Juice (0g Sat Fat)
 - Milk Variety (0g Sat Fat)

21

- 22
 - Muffin Bag Meal (7g Sat Fat)
 - Assorted Fruit (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 23
 - Assorted NutriGrain Bar with Graham Crackers (0g Sat Fat)
 - 100% Fruit Juice (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 24
 - Bagel Meal with Two Cheese Sticks (7g Sat Fat)
 - Assorted Fruit (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 25
 - Assorted Whole Grain Muffin (0.6g Sat Fat)
 - 100% Fruit Juice (0g Sat Fat)
 - Milk Variety (0g Sat Fat)

28

- 29
 - Assorted Pop-Tart with Graham Crackers
 - Assorted Fruit (0g Sat Fat)
 - Milk Variety (0g Sat Fat)
- 30
 - Mini Maple Pancakes (7g Sat Fat)
 - 100% Fruit Juice (0g Sat Fat)
 - Milk Variety (0g Sat 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 Nutrilinks 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-6. Our well-balanced lunches available for the work, average between 550-650 calories, with less than 10% of total calories from saturated fat and a gram 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 Nutrilinks 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 (972) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!

