

# SEPTEMBER

### Breakfast

#### Hamburg School Breakfast

	21 22  • Mini Maple Waffles (1.5g Sat Fat) • Assorted Fruit (0g Sat Fat) • Assorted Fruit (0g Sat Fat) • Milk Variety (0g Sat Fat) • Milk Variety (0g Sat Fat)	14 15  Assorted Breakfast Kit  100% Fruit Juice ( <i>log Sat Fat</i> )  Milk Variety ( <i>log Sat Fat</i> )  Milk Variety ( <i>log Sat Fat</i> )	Muffin Bag Meal /10 Sat Fat)  Massorted Fruit /0g Sat Fat)  Assorted Fruit /0g Sat Fat)  Milk Variety /0g Sat Fat)	Reakfast Prices -Student Breakfast: \$1.65 -Reduced Breakfast: \$0.00 -Adult Breakfast: \$2.10	MONDAY TUESDAY
Accorded Box Test with Contain Condition	iat Fat) Fat) I)	h Graham Crackers רמו) ין	at Fat) t		
30 Mini Mania Bancakas //a Sat Earl	23  Assorted NutriGrain Bar with Graham Crackers  Bagel Meal with  Gg Sar Fat)  Og Sar Fat)  Milk Variety (0g Sar Fat)  Milk Variety (0g Sar Fat)  Milk Variety (0g Sar Fat)	16  Mini Maple Pancakes (1g Sat Fat)  100% Fruit Juice (1g Sat Fat)  Milk Variety (0g Sat Fat)	9 10  Assorted NutriGrain Bar with Graham Crackers • Bagel Meal with (0g Sot Fot) 100% Fruit Juice (0g Sot Fot)  Milk Variety (0g Sot Fot)  Milk Variety (0g Sot Fot)	2	WEDNESDAY
		17  Assorted Muffin Assorted Fruit (bg Sat Fat) Milk Variety (bg Sat Fat)		3  Assorted Muffin  Assorted Fruit (by Sat Fat)  Milk Varieby (by Sat Fat)	THURSDAY
	25  Two Cheese Sticks © //g Sat • Assorted Whole Grain Muffin (0.6g Sat Fat)  • 100% Fruit Luice (vg Sat Fat)  Sat Fat)  • Milk Variety (0g Sat Fat)	18  Assorted NutriGrain Bar with Graham Crackers (Og Sort Fat)  100% Fruit Juice (Og Sort Fat)  Milk Variety (Og Sort Fat)	11  Iwo Cheese Sticks ⊕ [/g Sat • Assorted Whole Grain Muffin (0.6g Sat Fat) • 100% Fruit Juice (∂g Sat Fat) Sat Fat) • Milk Variety (∂g Sat Fat)	4  Assorted NutriGrain Bar with Graham Crackers (0g Sar Fay) 100% Fruit Juice (0g Sar Fay) Milk Variety (0g Sar Fay)	FRIDAY

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 manufacture's food labels available and may be subject to change without wanting. 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 Into E.5. Our reliablanced lunches resilible for the weak, average between 550-560 colories, with less than doe, of rocal calories from neutried far and or game of track it. Means are Subject to Change. Please note Maschio's food Services mutrical Information is based on the most updated manufacturer's food between tracking does he will be made and per be subject to change without variing. For Carbolydrices Counts for from the formation and any be subject to change without variing. For Carbolydrices Counts for food between their two maschiologic common foods. This list is updated on monthly busicand as medded. Carbolydrices Counts for Irems are based on Nutrikid Analysis of Marchio's Recipes and many vary based on product availability. These calculations are not threaded for medical use.





QUESTIONS OR COMMENTS?

Please call us at (973) 598-0005 to speak

to one of Maschlor registered dietitians.





# SEPTEMBER



### Hamburg School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Prices -Student Lunch: \$3.05 -Reduced Lunch: \$0.00	1	2	3  Ham & Cheese Sandwich (3.8g Sat Fat)  •	4  Turkey & Cheese on a Kaiser (1.9g Sat Fat)
7	8  Turkey Ham and Cheese Hero (1.8a Sat Fat)	9 Italian Combo Sandwich So Iso Sot Entl	10	11
Labor Day	Turkey Ham and Cheese Hero (1.8g Sat Fat)     Baby Carrots (0g Sat Fat)	Italian Combo Sandwich	<ul> <li>Turkey and Cheese Ciabatta Sandwich (4g Sat • Bagel Meal with Two Cheese Sticks ⊕ (7g Sat Fat)</li> <li>Black Bean and Com Salad (1.5g Sat Fat)</li> <li>• Celery Sticks (9g Sat Fat)</li> </ul>	<ul> <li>Bagel Meal with Two Cheese Sticks ⊕ //g Sat Fat)</li> <li>Celery Sticks (0g Sat Fat)</li> </ul>
14	15	16	17	18
<ul> <li>Italian Combo Sandwich  (5g Sat Fat)</li> <li>Baby Carrots (0g Sat Fat)</li> </ul>	<ul> <li>Turkey Ham and Cheese Sandwich (2.8g Sat Fat)</li> <li>Turkey and Cheeddar Wrap (3.8g Sat Fat)</li> <li>Green Bean Salad (1.4g Sat Fat)</li> </ul>	Turkey and Cheddar Wrap (3.8g Sat Fat) Green Bean Salad (1.4g Sat Fat)	Ham & Cheese Sandwich (3.8g Sat Fat)     Freshly Prepared Romaine Salad	<ul> <li>Turkey &amp; Cheese on a Kaiser (1.9g Sat Fat)</li> <li>Cucumber Coins (0g Sat Fat)</li> </ul>
21	22	23	24	25
<ul> <li>Italian Combo Sandwich  (5g Sat Fat)</li> <li>Pepper Dippers (0g Sat Fat)</li> </ul>	Turkey Ham and Cheese Hero (1.8g Sat Fat) Baby Carrols (0g Sat Fat) Baby Carrols (10g Sat Fat)	Italian Combo Sandwich (~) (5g Sat Fat) Cucumber Coins (0g Sat Fat)	<ul> <li>Turkey and Cheese Clabatta Sandwich (4g Sat . Cheese Pizza  (7g Sat Fat)</li> <li>Fat)</li> <li>Celery Sticks (0g Sat Fat)</li> <li>Black Bean and Corn Salad (1.5g Sat Fat)</li> </ul>	<ul> <li>Cheese Pizza \$\forall (Tg Sat Fat)</li> <li>Celery Sticks (0g Sat Fat)</li> </ul>
28	29	30	All Meals Served All Meals are Served with the	
<ul> <li>Italian Combo Sandwich  (5g Sat Fat)</li> <li>Baby Carrots (0g Sat Fat)</li> </ul>	Turkey Ham and Cheese Sandwich (2.8g Sat Fat) Fresh Broccoll Dippers (0g Sat Fat)  Tesh Broccoll Dippers (10g Sat Fat)	Turkey and Cheddar Wrap (3.8g Sat Fat) Green Bean Salad (1.4g Sat Fat)		

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healthy meals grow healthy kids!