



Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast

\$1.30

Adult Breakfast

\$1.80

Reduced Breakfast

\$0.30

take time for
**SCHOOL
BREAKFAST**



MASCHIO'S MAIN EVENT

Nutrition News:

National Sandwich Day honors the world's first sandwich maker in the 18th century: John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color! Enjoy your creation with cold low-fat milk.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	2 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	3 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	4 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection
7 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	8 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	9 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	10 School Closed	11 Veterans Day 🇺🇸 School Closed
14 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	15 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	16 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	17 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	18 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection
21 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	22 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	23 Half Day Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	24 Happy Thanksgiving! 🦃 25	
28 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	29 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	30 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	Try to fill at least half your plate with fruits and vegetables! 	



Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)

Please Visit: www.maschiofood.com

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"