




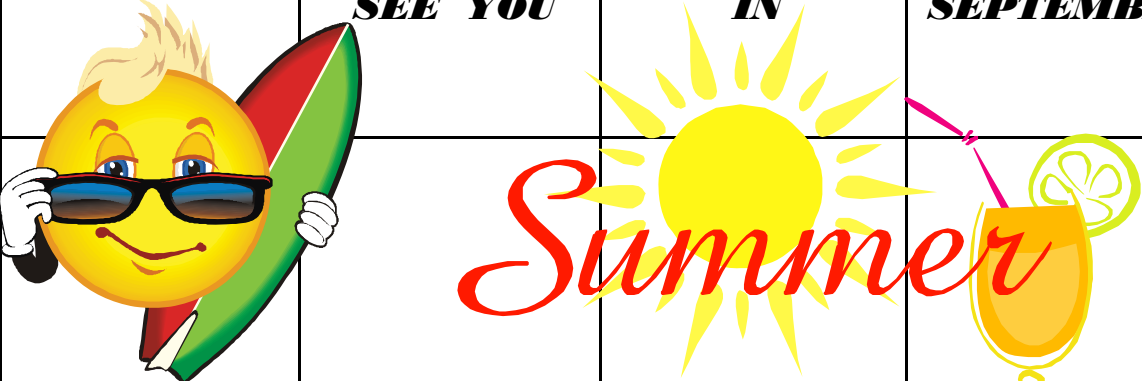


MORRIS-UNION JOINTURE COMMISSION

Maschio's Food Services, Inc.

SUMMER BREAKFAST MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
8/2 Cheerios Cheese Stick Cranberry Juice Milk  Total Cal: 389 Carbs: 61 g Fat: 9 g	8/3 Honey Wheat Bagel w/Peanut Butter Cream Cheese Grape Juice Milk Total Cal: 439 Carbs: 74 g Fat: 9 g	8/4 Egg & Cheese Sandwich Grape Juice Milk  Total Cal: 523 Carbs: 60 g Fat: 19 g	8/5 Granola Bar Low Fat Yogurt Apple Juice Milk Total Cal: 441 Carbs: 83 g Fat: 6 g	8/6 Frosted Flakes Fresh Bagel Fruit Juice Milk  Total Cal: 486 Carbs: 96 g Fat: 4 g
8/9 Rice Krispies Mini Muffins Apple Juice Milk Total Cal: 414 Carbs: 77 g Fat: 7 g	8/10 Bagel w/Peanut Butter Cream Cheese Orange Juice Milk  Total Cal: 439 Carbs: 74 g Fat: 9 g	8/11 Fruit Loops Cheese Stick Apple Juice Milk Total Cal: 389 Carbs: 61 g Fat: 9 g	8/12 SCHOOL CLOSED  SCHOOL CLOSED	
HAVE A SAFE AND HAPPY RECESS				
SEE YOU IN SEPTEMBER				
				

Student Breakfast

HS- \$2.00

MS- \$1.75

Elem.- \$1.50

Adult Breakfast \$2.40

Milk \$.45

Spring Water \$.50/\$1.00

COLD CEREAL, BAGEL WITH CHOICE OF CREAM CHEESE OR BUTTER AND FRESH FRUIT ARE AVAILABLE EVERY MORNING FOR BREAKFAST!



Choice of flavored or unflavored, low fat or lactose free milk with all meals.

SELECTIONS FROM THE BREAD BASKET ARE AVIALABLE DAILY WITH ALL MEALS!

MENU SUBJECT TO CHANGE

www.maschiofood.com

