




MORRIS-UNION JOINTURE COMMISSION

Maschio's Food Services, Inc.

SUMMER BREAKFAST MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
6/28 NEW STAFF TRAINING 	6/29 ALL STAFF ORIENTATION	6/30 Bagel w/Peanut Butter or Cream Cheese Orange Juice Milk  Total Cal: 439 Carbs: 74 g Fat: 9 g	7/1 French Toast Sticks Apple Juice Milk Total Cal: 583 Carbs: 94 g Fat: 14 g	7/2 Frosted Flakes Mini Muffins Fruit Juice Milk Total Cal: 414 Carbs: 77 g Fat: 7 g
7/5 SCHOOL CLOSED 	7/6 Honey Wheat Bagel w/Peanut Butter Cream Cheese Cranberry Juice Milk  Total Cal: 439 Carbs: 74 g Fat: 9 g	7/7 Waffle Squares Apple Juice Milk Total Cal: 384 Carbs: 73 g Fat: 6 g	7/8 Granola Bar Low Fat Yogurt Grape Juice Milk  Total Cal: 441 Carbs: 83 g Fat: 6 g	7/9 Cheerios Cheese Stick Orange Juice Milk Total Cal: 389 Carbs: 61 g Fat: 9 g
7/12 Rice Krispies Mini Muffins Apple Juice Milk  Total Cal: 414 Carbs: 77 g Fat: 7 g	7/13 Bagel w/Peanut Butter or Cream Cheese Orange Juice Milk	7/14 Egg & Cheese Sandwich Cranberry Juice Milk  Total Cal: 523 Carbs: 60 g Fat: 19 g	7/15 Cinnamon Roll Cheese Stick Fruit Juice Milk Total Cal: 500 Carbs: 76 g Fat: 13 g	7/16 Frosted Flakes Fresh Bagel Grape Juice Milk Total Cal: 486 Carbs: 96 g Fat: 4 g
7/19 Fruit Loops Cheese Stick Orange Juice Milk  Total Cal: 389 Carbs: 61 g Fat: 9 g	7/20 Honey Wheat Bagel w/Peanut Butter Cream Cheese Cranberry Juice Milk	7/21 French Toast Sticks Grape Juice Milk  Total Cal: 583 Carbs: 94 g Fat: 14 g	7/22 Cheerios Mini Muffins Apple Juice Milk  Total Cal: 414 Carbs: 77 g Fat: 7 g	7/23 Granola Bar Low Fat Yogurt Fruit Juice Milk Total Cal: 441 Carbs: 83 g Fat: 6 g
7/26 Frosted Flakes Mini Muffins Apple Juice Milk  Total Cal: 414 Carbs: 77 g Fat: 7 g	7/27 Bagel w/Peanut Butter or Cream Cheese Orange Juice Milk	7/28 Pancakes w/Syrup Cranberry Juice Milk  Total Cal: 505 Carbs: 82 g Fat: 13 g	7/29 Cinnamon Roll Cheese Stick Fruit Juice Milk Total Cal: 500 Carbs: 76 g Fat: 13 g	7/30 Rice Krispies Fresh Bagel Grape Juice Milk Total Cal: 486 Carbs: 96 g Fat: 4 g

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.

MENU SUBJECT TO
www.maschiofood.com



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