

MORRIS-UNION JOINTURE COMMISSION

Maschio's Food Services, Inc.

DECEMBER 2011 BREAKFAST

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
	GET ENERGI-ZED WITH SCHOOL BREAKFAST		1 Rice Krispies Cheese Stick Apple Juice Milk Total Cal:332 Carbs: 50g Fat: 7g	2 Warm Bagel w/Cream Cheese or Peanut Butter Cranberry Juice Milk Total Cal: 573 Carbs: 82g Fat: 18 g
5 Honey Nut Cheerios Animal Crackers Orange Juice Milk Total Cal: 368 Carbs: 74g Fat: 3g	6 Low Fat Yogurt Cereal Bar 100% Fruit Juice Milk Total Cal:406 Carbs: 76g Fat: 5g	7 Maple Burst Mini Pancakes Fresh Apple Milk Total Cal:419 Carbs:64g Fat: 12 g	8 Frosted Flakes Cheese Stick Cranberry Juice Milk Total Cal: 340 Carbs: 52g Fat: 7g	9 Fresh Wheat Bagel w/Cream Cheese or Peanut Butter Grape Juice Milk Total Cal: 483 Carbs: 76g Fat: 12 g
12 Special K Granola Bar Cranberry Juice Milk Total Cal: 394 Carbs: 78g Fat: 5g	13 Flavored Low Fat Yogurt Mini Muffins Apple Juice Milk Total Cal:377 Carbs: 63g Fat: 7g	14 Egg & Cheese Sandwich Fresh Orange Milk Total Cal:387 Carbs: 49 g Fat: 11 g	15 Corn Flakes Cheese Stick 100% Fruit Juice Milk Total Cal:334 Carbs: 50g Fat: 7g	16 Warm Bagel w/Cream Cheese or Peanut Butter Orange Juice Milk Total Cal: 573 Carbs: 82g Fat: 18 g
19 Cheerios Cheese Stick Apple Juice Milk Total Cal: 332 Carbs: 50 g Fat: 7g	20 Low Fat Yogurt Granola Bar Orange Juice Milk Total Cal:445 Carbs: 85g Fat: 5g	21 Breakfast Burrito Raisins Milk Total Cal: 459 Carbs: 72 g Fat: 10 g	22 Rice Krispies Animal Crackers 100% Fruit Juice Milk Total Cal:368 Carbs: 74g Fat: 3g	23 Fresh Wheat Bagel w/Cream Cheese or Peanut Butter Grape Juice Milk Total Cal: 483 Carbs: 76g Fat: 12 g
26 SCHOOL	27 CLOSED	28 Happy Holidays	29 HOLIDAY	30 RECESS

Student Breakfast

HS- \$2.25
MS-\$2.00
Elem.- \$1.75

Adult Breakfast \$2.65

Milk \$.50
Spring Water \$.50/\$1.00

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



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

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

MENU SUBJECT TO CHANGE

www.maschiofood.com

