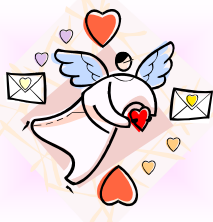







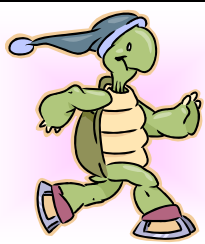


MORRIS-UNION JOINTURE COMMISSION

Maschio's Food Services, Inc.

FEBRUARY 2012 BREAKFAST

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>POWER UP WITH BREAKFAST</p>  <p>Maple Burst Mini Pancakes Fresh Banana Milk Total Cal:528 Carbs: 92g Fat: 12g</p>	<p>1</p> <p>2</p> <p>Special K Cheese Stick 100% Apple Juice Milk Total Cal:332 Carbs: 50g Fat: 7g</p>	<p>3</p> <p>Warm Bagel w/Cream Cheese or Peanut Butter 100% Fruit Juice Milk Total Cal: 444 Carbs: 77g Fat: 7g</p> 	
<p>6</p> <p>Mini Wheats Animal Crackers Raisins Milk Total Cal: 412 Carbs: 87g Fat: 3g</p>	<p>7</p> <p>Low Fat Yogurt Cereal Bar Cranberry Juice Milk Total Cal:412 Carbs: 78g Fat: 5g</p> 	<p>8</p> <p>Egg & Cheese Sandwich Fresh Apple Milk Total Cal: 404 Carbs: 54g Fat: 11 g</p>	<p>9</p> <p>Corn Flakes Cheese Stick 100% Fruit Juice Milk Total Cal: 340 Carbs: 52g Fat: 7g</p> 	<p>10</p> <p>Fresh Wheat Bagel w/Cream Cheese or Peanut Butter 100% Orange Juice Milk Total Cal: 573 Carbs: 82g Fat: 18 g</p>
<p>13</p> <p>Honey Nut Cheerios Mini Muffins Raisins Milk Total Cal:403 Carbs: 77g Fat: 7g</p> 	<p>14</p> <p>Low Fat Yogurt Mini Loaf 100% Apple Juice Milk Total Cal:445 Carbs: 77g Fat: 9g</p>	<p>15</p> <p>French Toast Sticks Fresh Orange Milk Total Cal: 515 Carbs: 80 g Fat: 12 g</p> 	<p>16</p> <p>Rice Krispies Cheese Stick 100% Fruit Juice Milk Total Cal:312 Carbs: 44g Fat: 7g</p>	<p>17</p> <p>SCHOOL CLOSED WINTER BREAK</p> 
<p>20</p> <p>SCHOOL CLOSED WINTER BREAK</p> 	<p>21</p> <p>Low Fat Yogurt Granola Bar 100% Orange Juice Milk Total Cal:412 Carbs: 78g Fat: 5g</p>	<p>22</p> <p>Mini Cinnamon Buns Fresh Banana Milk Total Cal: 423 Carbs: 75 g Fat: 8 g</p> 	<p>23</p> <p>Cheerios Cheese Stick 100% Apple Juice Milk Total Cal:340 Carbs: 52g Fat: 7g</p>	<p>24</p> <p>Fresh Wheat Bagel w/Cream Cheese or Peanut Butter 100% Grape Juice Milk Total Cal: 444 Carbs: 77g Fat: 7 g</p>
<p>27</p> <p>Frosted Flakes Mini Muffins Raisins Milk Total Cal: 403 Carbs: 77g Fat: 7g</p>	<p>28</p> <p>Low Fat Yogurt Cereal Bar 100% Apple Juice Milk Total Cal:412 Carbs: 78g Fat: 5g</p> 	<p>29</p> <p>Breakfast Burrito Fresh Banana Milk Total Cal: 441 Carbs: 67 g Fat: 10 g</p>		<p>GET ENERGIZED WITH SCHOOL BREAKFAST</p>

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 MORNING FOR BREAKFAST!

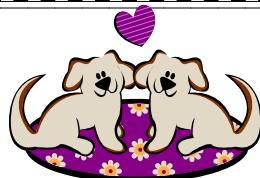


Choice of flavored or unflavored, low fat or lactose free milk with all meals.

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

MENU SUBJECT TO CHANGE

www.maschiofood.com



Happy Valentines Day!