

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

\$2.00

Adult Breakfast

\$2.75

Reduced Breakfast

\$0.30

take time for
**school
BREAKFAST**



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.



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mini Pancakes Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	2 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	3 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	4 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
7 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	8 French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	10 Half Day Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	11 Veterans Day 🇺🇸 Half Day Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
14 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	15 Mini Pancakes Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	16 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	17 Cereal Bar with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	18 Breakfast Egg and Cheese on English Muffin Assorted Fruit 100% Fruit Juice Milk Selection
21 Half Day Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	22 Half Day French Toast Sticks Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	23 Half Day Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	24 Happy Thanksgiving! 🦃	
28 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	29 Mini Pancakes Sausage Patty Assorted Fruit 100% Fruit Juice Milk Selection	30 Muffin with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	Try to fill at least half your plate with fruits and vegetables! 	

MENU SUBJECT TO CHANGE



Check us out on Facebook : Maschio's Food Services, Inc.

Please Visit: www.maschiofood.com

 Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"