



OCTOBER

Holland Township Lunch

MONDAY

Maschio's Swap Out's Available Daily:
Garden Salad with Chicken & Dinner Roll
• Muffin Bag Meal

TUESDAY

Lunch Prices
• Student Lunch: \$0.00
• Reduced Lunch: \$0.00
• Adult Lunch: \$3.50

WEDNESDAY

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice.

THURSDAY

1
• Ham & Cheese on Croissant
Vegetable of the Day

FRIDAY

2
• Bagel Bag w/ Yogurt & Cheese
Vegetable of the Day

5

• Bagel Bag w/ Yogurt & Cheese
Vegetable of the Day

6

• Turkey & Cheese on a Kaiser
Vegetable of the Day

7

• Cereal Bag w/ Yogurt
Vegetable of th Day

8

• Ham & Cheese on Croissant
Vegetable of the Day

9

• Bagel Bag w/ Yogurt & Cheese
Vegetable of the Day

12



13

• Turkey & Cheese on a Kaiser
Vegetable of the Day

14

• Cereal Bag w/ Yogurt
Vegetable of th Day

15

• Ham & Cheese on Croissant
Vegetable of the Day

16

• Bagel Bag w/ Yogurt & Cheese
Vegetable of the Day

19

• Bagel Bag w/ Yogurt & Cheese
Vegetable of the Day

20

• Turkey & Cheese on a Kaiser
Vegetable of the Day

21

• Cereal Bag w/ Yogurt
Vegetable of th Day

22

• Ham & Cheese on Croissant
Vegetable of the Day

23

• Bagel Bag w/ Yogurt & Cheese
Vegetable of the Day



26

• Bagel Bag w/ Yogurt & Cheese
Vegetable of the Day

27

• Turkey & Cheese on a Kaiser
Vegetable of the Day

28

• Cereal Bag w/ Yogurt
Vegetable of th Day

29

• Ham & Cheese on Croissant
Vegetable of the Day

30

• Bagel Bag w/ Yogurt & Cheese
Vegetable of the Day

Menus are Subject to Change Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

Nutrition Info K-5. Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat. Menus are Subject to Change. Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrates Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.



QUESTIONS OR COMMENTS?
Please call us at (973) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!