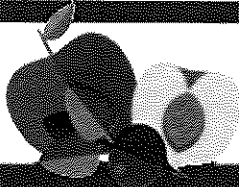


2020
HEALTHY
MEALS



SEPTEMBER

Brass Castle Elementary School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch Price List</p> <ul style="list-style-type: none"> • Student Lunch: \$3.10 • Reduced Student Lunch: \$0.00 • Adult Lunch Price: \$3.60 	<p>1</p> <p>First Day for Students Sept 2nd</p>	<p>2</p> <ul style="list-style-type: none"> • Ham and Cheese on a Pretzel Bun • With Vegetable of the Day or • Muffin Bag Meal 	<p>3</p> <ul style="list-style-type: none"> • Chicken Tender Wrap With Cheddar Cheese • Vegetable of the Day or • Muffin Bag Meal 	<p>4</p> <ul style="list-style-type: none"> • Crispy Chicken Salad • Vegetable of the Day or • Muffin Bag Meal
<p>7</p> <p>Labor Day - No School</p>	<p>8</p> <ul style="list-style-type: none"> • Italian Sandwich • Vegetable of the Day or • Muffin Bag Meal 	<p>9</p> <ul style="list-style-type: none"> • Ham and Cheese on a Pretzel Bun • With Vegetable of the Day or • Muffin Bag Meal 	<p>10</p> <ul style="list-style-type: none"> • Chicken Tender Wrap With Cheddar Cheese • Vegetable of the Day or • Muffin Bag Meal 	<p>11</p> <ul style="list-style-type: none"> • Crispy Chicken Salad • Vegetable of the Day or • Muffin Bag Meal
<p>14</p> <ul style="list-style-type: none"> • Turkey & Cheese on a Kaiser with Vegetable of the Day or • Muffin Bag Meal 	<p>15</p> <ul style="list-style-type: none"> • Italian Sandwich • Vegetable of the Day or • Muffin Bag Meal 	<p>16</p> <ul style="list-style-type: none"> • Ham and Cheese on a Pretzel Bun • With Vegetable of the Day or • Muffin Bag Meal 	<p>17</p> <ul style="list-style-type: none"> • Chicken Tender Wrap With Cheddar Cheese • Vegetable of the Day or • Muffin Bag Meal 	<p>18</p> <ul style="list-style-type: none"> • Crispy Chicken Salad • Vegetable of the Day or • Muffin Bag Meal
<p>21</p> <ul style="list-style-type: none"> • Turkey & Cheese on a Kaiser with Vegetable of the Day or • Muffin Bag Meal 	<p>22</p> <ul style="list-style-type: none"> • Italian Sandwich • Vegetable of the Day or • Muffin Bag Meal 	<p>23</p> <ul style="list-style-type: none"> • Ham and Cheese on a Pretzel Bun • With Vegetable of the Day or • Muffin Bag Meal 	<p>24</p> <ul style="list-style-type: none"> • Chicken Tender Wrap With Cheddar Cheese • Vegetable of the Day or • Muffin Bag Meal 	<p>25</p> <ul style="list-style-type: none"> • Crispy Chicken Salad • Vegetable of the Day or • Muffin Bag Meal
<p>28</p> <ul style="list-style-type: none"> • Crispy Chicken Sandwich • Fresh Veggie Dippers Or • Muffin Bag Meal 	<p>29</p> <ul style="list-style-type: none"> • Breakfast for Lunch • Sausage, Egg, & Cheese on a Croissant Bun • Hash Browns Or • Muffin Bag Meal 	<p>30</p> <ul style="list-style-type: none"> • Scoop A Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes and Salsa • Sauteed Broccoli • Fiesta Rice Or • Muffin Bag Meal 	<p><i>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.</i></p>	

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) 998-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!