



OCTOBER

Mountain Villa School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

Lunch Price List

- Student Lunch: \$3.00
- Reduced Lunch: \$0.40
- Adult Lunch: \$3.70

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.

- Muffin Bag Meal ★
- Fresh Cut Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Eggo Mini Pancakes with a Yogurt and a Cheese Stick 🍌

- Bagel Bag w/ Yogurt & Cheese ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- NY Style Pizza

5

6

7

8

9

- Cereal Bag ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Ham & Cheese Sandwich

- Muffin Bag Meal ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Eggo Mini Waffles with a Yogurt and a Cheese Stick

- Bagel Bag w/ Yogurt & Cheese ★
- Fresh Cut Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Grilled Chicken Caesar Salad with Dinner Roll

- Cereal Bag ★
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables 🥕🥕
- Milk Variety
- Salami and Cheese Sandwich

- Muffin Bag Meal ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- French Bread Pizza

12

13

14

15

16

- Bagel Bag w/ Yogurt & Cheese ★
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables 🥕🥕
- Milk Variety
- Turkey and Cheese Hero

- Cereal Bag ★
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables 🥕🥕
- Milk Variety
- Crispy Chicken Salad with Dinner Roll

- Muffin Bag Meal ★
- Fresh Cut Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Eggo Mini Pancakes with a Yogurt and a Cheese Stick 🍌

- Bagel Bag w/ Yogurt & Cheese ★
- Fresh Cut Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Italian Sub

- Cereal Bag ★
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables 🥕🥕
- Milk Variety
- Pizza Bagels

19

20

21

22

23

- Muffin Bag Meal ★
- Fresh Cut Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Ham & Cheese on Croissant

- Bagel Bag w/ Yogurt & Cheese ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Freshly Prepared Chicken Caesar Salad
- Dinner Roll

- Cereal Bag ★
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables 🥕🥕
- Milk Variety
- Apple Frudel with a cheese stick

- Muffin Bag Meal ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Salami and Cheese Sandwich

- Bagel Bag w/ Yogurt & Cheese ★
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables 🥕🥕
- Milk Variety
- Cheese Pizza 🍕

26

27

28

29

30

- Cereal Bag ★
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables 🥕🥕
- Milk Variety
- Turkey and Cheese Sandwich

- Muffin Bag Meal ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Eggo Mini Pancakes with a Yogurt and a Cheese Stick 🍌

- Bagel Bag w/ Yogurt & Cheese ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Tuna Salad on a Croissant

- Cereal Bag ★
- Fresh Cut Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Crispy Chicken Salad with Dinner Roll

- Muffin Bag Meal ★
- Assorted Fresh Bagged Vegetables 🥕🥕
- Assorted Fresh or Chilled Fruit
- Milk Variety
- French Bread Pizza

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 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.

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!

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