









APRIL

Reading-Fleming Intermediate School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	<p><i>All Meals Served All Meals are Served with the Vegetable of the Day, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice Where Available</i></p>	<p>Breakfast and Lunch Prices •Student Lunch: \$3.00 •Reduced Lunch: \$0.00 •Adult Lunch: \$3.50 •Student Breakfast: \$1.50 •Reduced Breakfast: \$0.00 •Adult Breakfast: \$2.00</p>	<ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese • Muffin Bag Meal 	
5	6	7	8	9
				
12	13	14	15	16
<ul style="list-style-type: none"> • Chicken Nuggets • Soft Pretzel Stick • Steamed Broccoli <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Cinnamon French Toast Sticks • Breakfast Sausage • Oven Baked Sweet Potato Fries <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Turkey Ham & Cheese Croissant • Baby Carrots <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Cheeseburger on a Bun • Oven Baked French Fries <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Cheese Pizza • Baby Carrots <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese
19	20	21	22	23
<ul style="list-style-type: none"> • Chicken Tenders • Soft Pretzel Stick • Steamed Peas <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Ham, Egg and Cheese on a Croissant • Oven Baked Sweet Potato Fries <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Turkey Ham & Cheese Croissant • Baby Carrots <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • All-Natural Beef Hot Dog on a Bun • Tater Tots <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Cheese Pizza • Baby Carrots <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese
26	27	28	29	30
<ul style="list-style-type: none"> • Breaded Chicken Patty on a Bun • Green Beans <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Pancakes • Breakfast Sausages • Oven Baked Sweet Potato Fries <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Turkey Ham & Cheese Croissant • Baby Carrots <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Cheeseburger on a Bun • Oven Baked French Fries <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese 	<ul style="list-style-type: none"> • Cheese Pizza • Baby Carrots <p>Maschio's Swap Out</p> <ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese

Nutrition Info K-8. Our well-balanced lunches available for the week, average between 600-650 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.



Product Questions
Please call us at
(973) 598-0005

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Healthy meals grow
healthy kids!