



Maschio's Food Services, Inc.

Hidden Treasures of School Lunch

- The chicken selections are whole-muscle.
- Hamburgers are low-sodium with no artificial additives or preservatives.
- Cheese entrees such as pizza and mozzarella sticks are made with low fat cheese and whole grain crusts and breading.
- All our grains are whole grain rich!
- We offer a variety of fresh fruits and vegetables daily.
- We offer freshly prepared salads and sandwiches.
- A school lunch comes with a meat/protein, grains, vegetable, fruit and milk- take all 5!
- We meet or exceed the USDA standards for school lunch:
Less than 30% of total calories from Fat and
Less than 10% of total calories from Saturated Fat over the week.
- We meet or exceed 1/3 of the RDA for calcium, iron, Vitamin A, and Vitamin C.
- Our products contain zero grams of Trans Fat per serving.
- We meet the calorie ranges for each grade group:

K-5 : 550-650 calories

K-8: 600-650 calories

6-8: 600-700 calories

9-12: 750-850 calories

