

October 2019

Student Lunch: \$2.40 Reduced Lunch: \$0.40 Adult Lunch: \$2.90

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Parm Platter • Green Beans Dinner Roll	2 Cheeseburger or All Beef Hot Dog • French Fries • Vegetarian Baked Beans	3 Grilled Chicken Platter • Mashed Potatoes w/ Gravy Peas and Carrots	4 • Bella's Pizza • Freshly Prepared Caesar Salad
7 Crispy Chicken Garden Salad • Tomato Soup	8 Taco Salad served with Tortilla Scoops and Salsa and Sour Cream	9 Yom Kippur-No School	10 • Meatball Parm Hero • Battered French Fries • Green Beans	11 • Pizza • Fresh Italian House Salad
14 Columbus Day-No School	15 • Chicken and Cheese Quesadilla Salsa • Black Beans	16 Grilled Chicken Platter Mashed Potatoes w/ Gravy • Honey Glazed Carrots	17 • Swedish Meatballs White Rice Peas and Carrots	18 • Personal Pan Pizza • Freshly Prepared Spring Mix Salad
21 No Lunch School Trip	22 • Breakfast for Lunch • Warm Pancakes • Breakfast Sausage • Hash Browns	23 Corn Dogs • Vegetarian Baked Beans Side of Macaroni and Cheese	24 • Meatball Parm Hero French Fries Green Beans	25 Pizza • Freshly Prepared Freshly Prepared Caesar Salad
28 Cheese Steak Sandwich • Tomato Soup	29 • All Natural Beef Hot Dog on a Bun • or Cheeseburger on a Bun French Fries Baked Beans	30 • Sweet and Sour Popcorn Chicken • Steamed Rice • Fresh Broccoli	31 • Crispy Chicken BLT Sandwich • Creepy Sweet Potatoes Fries • Spooky 100% Juice Sorbet	

Harvest Market: Fresh Vegetables, Featured Salads, Bean Salads, or Veggie Dippers Available Daily

SWAP Out Offered Daily: Cereal Bag, Peanut Butter and Jelly Sandwich, Grilled Cheese Sandwich

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.

Nutrition Info 9-12 Our well-balanced lunches available for the week, average between 750-850 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

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 The nutrient information is based on the manufacturer's food labels 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.

More Details: escmorris.nutrislice.com/menu/park-lake-school/lunch/
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