



March 2020

Central Park School
Lunch

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

MONDAY

2

- Pancakes
- Breakfast Sausage
- Hash Brown Rounds

TUESDAY

3

- Chicken Parm with Pasta
- Dinner Roll

WEDNESDAY

4

- Crispy Chicken
- Corn
- Mashed Sweet Potatoes

THURSDAY

5

- Swedish Meatballs
- Served over Rice
- Peas and Carrots

FRIDAY

6

- Pizza
- Tossed Salad

9

- Crispy Chicken BLT Sandwich
- French Fries
- Vegetarian Baked Beans

10

- Taco Garden Salad
- Served with Tortilla Scoops
- Salsa and Sour Cream

11

- Sweet and Sour Chicken
- White Rice
- Broccoli

12

- Meatball Parm Hero
- Oven Baked French Fries
- Green Beans

13

- Pizza
- Tossed Salad

16

- Chicken Caesar Salad with Romaine, Croutons, Parmesan Cheese, Cherry Tomato, Grilled Chicken
- Chicken Noodle Soup

17



- Fish Sticks
- Mashed Potatoes
- Peas and Carrots

18

- Cheeseburger or Hot Dog
- French Fries
- Vegetarian Baked Beans

19

- Sloppy Joe Sandwich
- Onion Rings
- Sweet Corn

20

- Pizza
- Tossed Salad

23

- Corn Dog Nuggets
- Side of Macaroni and Cheese
- Vegetarian Baked Beans

24

- Chicken and Cheese Quesadilla
- Served Salsa and Sour Cream
- Black Beans

25

No Lunch Service
School Trip

26

- Chicken Tenders
- Sweet Potato Fries
- Mixed Vegetables

27

- Pizza
- Tossed Salad

30

- Philly Cheesesteak Hero
- Creamy Tomato Soup

31

- Taco Garden Salad
- Served with Tortilla Scoops
- Salsa and Sour Cream

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 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.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

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

Layout, design & code & copy; Nutrislice, Inc. Private and non-commercial uses permitted.

This institution is an equal opportunity provider.