









# SEPTEMBER

## Central Park School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Harvest Market:</b> Fresh Vegetables, Featured Salads, Bean Salads, or Veggie Dippers Available Daily	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
 Labor Day - No School				<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Vegetarian Baked Beans</li> <li>Oven Baked Sweet Potato Fries</li> </ul> 
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
 Staff In-Service Day	<ul style="list-style-type: none"> <li>Fish Sticks</li> <li>White Rice</li> <li>Fresh Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Cheesesteak Hero</li> <li>Tomato Soup</li> </ul>	<ul style="list-style-type: none"> <li>Meatball Parm Hero</li> <li>Battered French Fries</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Personal Pizza</li> <li>Tossed Salad</li> </ul>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<ul style="list-style-type: none"> <li>Grilled Chicken Served over Garden Salad</li> <li>Dinner Roll</li> </ul>	<ul style="list-style-type: none"> <li>Taco Salad</li> <li>Baked Tostitos Scoops Served with Sour Cream</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Chicken Platter</li> <li>Mashed Potatoes</li> <li>Gravy</li> </ul>	<ul style="list-style-type: none"> <li>Swedish Meatballs</li> <li>White Rice</li> <li>Peas &amp; Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Hash Browns</li> <li>Breakfast Sausage</li> </ul>
<b>28</b>	<b>29</b>	<b>30</b>		
Yom Kippur No School	<ul style="list-style-type: none"> <li>Sweet and Sour Popcorn Chicken</li> <li>White Rice</li> <li>Fresh Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Corn Dog Nuggets</li> <li>Side of Macaroni and Cheese</li> <li>Oven Baked Sweet Potato Fries</li> </ul>	<ul style="list-style-type: none"> <li>•Student Lunch: \$2.40</li> <li>•Reduced Lunch: \$0.40</li> <li>•Adult Lunch: \$2.90</li> </ul>	
<b>SWAP Out Offered Daily:</b> <ul style="list-style-type: none"> <li>Cereal Bag</li> <li>Peanut Butter and Jelly Sandwich</li> <li>Grilled Cheese Sandwich</li> </ul>				

**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.

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](http://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 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. 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](http://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.



MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER.



**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!*