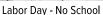


SEPTEMBER

Central Park School Lunch

MONDAY TUESDAY WEDNESDAY **THURSDAY FRIDAY** Harvest Market: 4 Fresh Vegetables, Featured Salads, Bean Salads, or Veggie Dippers Available







10



11

- Crispy Chicken Sandwich
- Vegetarian Baked Beans Oven Baked Sweet Potato Fries





15

- Fish Sticks White Rice
- · Fresh Broccoli

Taco Salad

16

- Chicken Cheesesteak Hero
- Tomato Soup

17

- Meatball Parm Hero
- **Battered French Fries**
- Green Beans
- 18
- · Personal Pizza
- Tossed Salad

Staff In-Service Day

21

Grilled Chicken Served over Garden Salad

Dinner Roll

22

Baked Tostitos Scoops Served with Sour Cream 23

Crispy Chicken Platter

- · Mashed Potatoes
- Gravy

24

- Swedish Meatballs
- White Rice
- · Peas & Carrots

25

- **Pancakes**
- Hash Browns
- Breakfast Sausage

28

Yom Kippur No School

- Sweet and Sour Popcorn Chicken
- White Rice
- Fresh Broccoli

- **Turkey Corn Dog Nuggets** Side of Macaroni and Cheese • Reduced Lunch: \$0.40
- Oven Baked Sweet Potato
- •Student Lunch: \$2.40
- •Adult Lunch: \$2.90

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.

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 is for foom on 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 o 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 Carbohydrates Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count Isro for most count is for food in the most up to date 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.





QUESTIONS OR COMMENTS?



healthy kids!