



DECEMBER

Central Park School Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Harvest Market: <i>Fresh Vegetables, Featured Salads, Bean Salads, or Veggie Dippers Available Daily</i>	<ul style="list-style-type: none"> • Student Lunch: \$2.40 • Reduced Lunch: \$0.40 • Adult Lunch: \$2.90 	1 <ul style="list-style-type: none"> • Chicken Quesadilla served with Black Beans • Sour Cream Salsa 	2 <ul style="list-style-type: none"> • Corn Dogs • Sweet Potato Fries • BBQ Baked Beans 	3 <ul style="list-style-type: none"> • Grilled Cheese Sandwich with Bacon and Tomato • Creamy Tomato Soup 	4 <ul style="list-style-type: none"> • Cheese Pizza • Tossed Salad 	5
6	7 <ul style="list-style-type: none"> • Cheeseburger on a Bun or • All Natural Beef Hot Dog on a Bun • French Fries • Vegetarian Baked Beans 	8 <ul style="list-style-type: none"> • Taco Salad Served with Scoops Salsa and Sour Cream 	9 <ul style="list-style-type: none"> • Crispy Chicken BLT Sandwich • Sweet Potato Fries 	10 <ul style="list-style-type: none"> • Pancakes • Hash Browns • Breakfast Sausage 	11 <ul style="list-style-type: none"> • Cheese Pizza • Tossed Salad 	12
13	14 <ul style="list-style-type: none"> • Sweet and Sour Popcorn Chicken • Rice • Broccoli 	15 <ul style="list-style-type: none"> • Sloppy Joe Sandwich • Onion Rings • Sweet Corn 	16 <ul style="list-style-type: none"> • Crispy Chicken • Mashed Potatoes • Gravy • Dinner Roll 	17 <ul style="list-style-type: none"> • Swedish Meatballs • White Rice • Mixed Vegetables 	18 <ul style="list-style-type: none"> • Cheese Pizza • Tossed Salad 	19
20	21 <ul style="list-style-type: none"> • Chicken Parmesan Platter • Green Beans • Dinner Roll 	22 <ul style="list-style-type: none"> • Philly Cheesesteak Hero • Cream Tomato Soup • Onion Rings 	23 <ul style="list-style-type: none"> • Pancakes • Hash Browns • Breakfast Sausage 	24 Holiday Break - No School	25 Holiday Break - No School	26 Holiday Break - No School
27 Holiday Break - No School	28 Holiday Break - No School	29 Holiday Break - No School	30 Holiday Break - No School	31 New Years Eve - No School	SWAP Out Offered Daily: <ul style="list-style-type: none"> • 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 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 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!