



Central Park School Lunch

MONDAY

1

- Philly Cheesesteak Hero
- Cream Tomato Soup

TUESDAY

2

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

WEDNESDAY

3

- Chicken Parm
- Seasoned Green Beans
- Dinner Roll

THURSDAY

4

- BLT Crispy Chicken Sandwich
- Maple Cinnamon Sweet Potato Fries

FRIDAY

5

- Pancakes
- Breakfast Sausage
- Tater Tots

8

- Chicken Tenders
- Maple Cinnamon Sweet Potato Fries
- Tossed Salad

9

- Taco Salad served Tortilla Chips, Salsa and Sour Cream

10

- Cheeseburger on a Bun or
- All Natural Beef Hot Dog on a Bun
- French Fries
- Vegetarian Baked Beans

11

- Pasta with Meatballs
- Dinner Roll
- Vegetable Medley

12

- Cheese Pizza 🍷
- Tossed Salad

15

Presidents Day - No School

16

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

17

- Sloppy Joe Sandwich
- Onion Rings
- Sweet Corn

18

- Corn Dogs
- Served with a side of Macaroni and Cheese
- Vegetarian Baked Beans

19

- Pancakes
- Breakfast Sausage
- Tater Tots

22

- Cheeseburger on a Bun or
- Hot Dog on a Bun
- French Fries
- Vegetarian Baked Beans

23

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

24

- Crispy Chicken Sandwich
- Mashed Potatoes with Gravy
- Carrots

25

- Swedish Meatballs
- Rice
- Mixed Vegetables

26

- Cheese Pizza 🍷
- Tossed Salad

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

Student Lunch: \$2.40, Reduced Lunch: \$0.40, 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 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 Carbohydrates 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.



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!