



OCTOBER

Central Park School
Lunch

MONDAY

Harvest Market:

Fresh Vegetables, Featured Salads, Bean Salads, or Veggie Dippers Available Daily

TUESDAY

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

WEDNESDAY

SWAP Out Offered Daily:

- Cereal Bag
- Peanut Butter and Jelly Sandwich
- Grilled Cheese Sandwich

THURSDAY

All Meals Served All Meals are Served with the Vegetable of the Day, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice Where Available

FRIDAY

- 1
- Pancakes
- Breakfast Sausages
- Hash Browns

4

- Chicken Parm Sandwich
- Sauteed Green Beans

5

- Sweet and Sour Popcorn Chicken
- Steamed Rice
- Roasted Broccoli

6

- Creamy Mac & Cheese
- Chicken Nuggets
- Sauteed Carrots

7

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

8

- Pancakes
- Breakfast Sausages
- Hash Browns

11

No School

12

- Taco Salad
- Served with Baked Tostitos Scoops Salsa & Sour Cream

13

- Grilled Chicken Caesar Salad with Dinner Roll
- Chicken Noodle Soup

14

- Cheesesteak Hero
- Tomato Soup
- Fresh Veggie Dippers

15

- Cheese Pizza 🍕
- Freshly Prepared Maschio's House Salad

18

- Meatball Parm Hero
- Battered French Fries
- Green Beans

19

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

20

- Crispy Chicken Platter
- Mashed Potatoes with Gravy
- Dinner Roll

21

- Swedish Meatballs
- Steamed Rice
- Peas & Carrots

22

- Cheese Pizza 🍕
- Freshly Prepared Caesar Salad

25

- Crispy Chicken BLT Sandwich
- Sweet Potato Fries

26

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

27

- Cheesesteak Hero
- Tomato Soup
- Fresh Veggie Dippers

28

- Meatball Parm Hero
- Battered French Fries
- Green Bean Salad

29

- Pancakes
- Breakfast Sausages
- Hash Browns

*Menu is Subject to Change

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 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!