

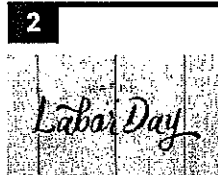


September 2019

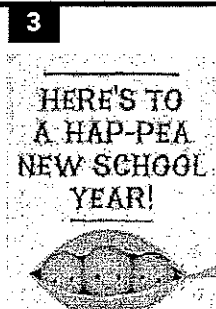
Memorial School
Lunch

Lunch Prices Student Lunch: \$3.00 Reduced Lunch: \$0.40 Adult Lunch: \$3.40

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

- Pancakes 🥞
- Breakfast Sausages
- Sweet Potato Waffle Fries
- Fruit Compote

FRIDAY

- Leo's Pizza 🍕
- Freshly Prepared Italian House Salad
- Maschio's Lemon/Cherry Frozen Sorbet

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- 9**
- Crispy Chicken Sandwich with Lettuce & Tomatoes
 - Freshly Prepared Veggie Dippers

- 10**
- Beef Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
 - Steamed Rice
 - Southwestern/Fiesta Corn

- 11**
- Pasta with Meat Sauce 🍝
 - Garlic Bread
 - Italiano Green Beans

- 12**
- All-Natural Beef Hot Dog on a Bun
 - Oven Baked Onion Rings
 - BBQ Baked Beans

- 13**
- Leo's Pizza 🍕
 - Freshly Prepared Caesar Salad

- 16**
- Chicken Nugget Basket with Tater Tots and Soft Pretzel Stick

- 17**
- Grilled Cheese Sandwich
 - Tomato Soup
 - Cucumber Coins

- 18**
- Waffles
 - Breakfast Sausages
 - Hash Browns
 - Strawberry Applesauce

- 19**
- Sweet and Sour Popcorn Chicken with Rice
 - Steamed Broccoli
 - Fortune Cookie 🍪

- 20**
- Leo's Pizza 🍕
 - Freshly Prepared Spring Mix Salad

- 23**
- Grilled Chicken Sandwich
 - Country Slaw
 - Jersey Fresh Pepper Dippers



- 24**
- Sausage, Egg, & Cheese on a Croissant Bun 🥞
 - Hash Browns
 - Jersey Fresh Watermelon 🍉



- 25**
- Creamy Mac & Cheese
 - Soft Pretzel Stick
 - Freshly Prepared Cucumber Coins
 - Jersey Fresh Apple 🍏



- 26**
- Scoop A Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes and Salsa
 - Steamed Rice
 - Black Bean and Corn Salad



- 27**
- Leo's Pizza 🍕
 - Freshly Prepared Jersey Fresh Cucumber & Tomato Salad



- 30**
- Popcorn Chicken
 - Dinner Roll
 - Peas & Carrots

1

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

Daily SWAP Outs: Peanut Butter and Jelly Sandwich, Bagel Bag w/ Yogurt & Cheese

SWAP Outs: All-Natural Beef Hot Dog on a Bun, Italian Sub, Turkey and Cheese Wrap, Crispy Chicken Salad, Crispy Chicken Sandwich

Swap Outs Monday: Hot Dog **Tuesday:** Italian Sub **Wednesday:** Turkey and Cheese Wrap **Thursday:** Crispy Chicken Salad **Friday:** Chicken 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.

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 The nutrient information is based on the manufacturer's food labels 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.

More Details: washboroschools.nutrislice.com/menu/memorial-school/lunch/
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