

March 2020

Memorial School Lunch

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

MONDAY

2

- Read Across America Day
- Wocket in Pizza Pocket
- Horton's House Salad
- Sam I Am Sorbet

TUESDAY

3

- Ham, Egg, & Cheese on Roll
- Hash Browns

WEDNESDAY

4

- Tot-chos with Tater Tots, Taco Meat, Queso, Peppers, and Scallions
- Fresh Pepper Dippers
- Soft Pretzel Stick

THURSDAY

5

- Cinnamon French Toast Sticks
- Breakfast Sausage
- Fruit Cup

FRIDAY

6

- Rosato's Pizza
- Freshly Prepared Caesar Salad

9

- Popcorn Chicken
- Dinner Roll
- Oven Baked French Fries
- Steamed Carrots

10

- Beef Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
- Steamed Rice
- Steamed Corn

11

- Spaghetti with Meat Sauce
- Garlic Breadstick
- Freshly Prepared Italian House Salad

12

- Grilled Ham & Cheese Sandwich
- Tomato Soup
- Fresh Veggie Dippers

13

- Stuffed Crust Pizza
- Freshly Prepared Garden Salad

16

- Chicken Crunchers
- Soft Pretzel Stick
- Tater Tots
- Veggie Dippers

17

- St. Patrick's Day
- Hamburger on a Bun or Cheeseburger on a Bun
- Emoji Fries
- 100% Juice Kiwi Strawberry Sorbet

18

- Fajita Chicken Soft Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa
- Rice & Beans
- Cinnamon Churro

19

- Breakfast for Lunch
- Waffles
- Breakfast Sausages
- Hash Browns

20

- First Day of Spring
- Rosato's Pizza
- Freshly Prepared Italian House Salad
- Spring Maschio's Lemon/Cherry Frozen Sorbet

23

- Meatless Monday
- Italian Sampler with Breaded Ravioli, Mozzarella Sticks
- Green Beans

24

- Chicken Tender Basket with Tater Tots & Pretzel Stick
- Baby Carrots

25

- BBQ Pulled Pork Sandwich
- Vegetable Pasta Salad

26

- All-Natural Beef Hot Dog on a Bun
- Sweet Potato Waffle Fries
- BBQ Baked Beans

27

- Pizza Bagels
- Freshly Prepared Garden Salad

30

- Fish Sticks
- French Fries

31

- Mini Chicken Tacos with Shredded Lettuce, Tomatoes, and Salsa Ranch
- Black Bean and Corn Salad

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 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.

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

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