

September 2018

Holland Township

Lunch

Lunch Prices Student Lunch: \$2.95 Reduced Lunch: \$0.40 Adult Lunch: \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Labor Day - No School	4 <ul style="list-style-type: none"> • Hamburger on a Bun or • Cheeseburger on a Bun • Tater Tots • Assorted Fresh or Chilled Fruit • Milk Variety 	5 <ul style="list-style-type: none"> • Macaroni & Cheese • Soft Pretzel Stick • Steamed Broccoli • Assorted Fresh or Chilled Fruit • Milk Variety 	6 <ul style="list-style-type: none"> • Breakfast for Lunch • French Toast Sticks • Breakfast Sausage • Hash Browns • Assorted Fresh or Chilled Fruit • Milk Variety 	7 <ul style="list-style-type: none"> • Bellas NY Style Pizza • Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
10 <ul style="list-style-type: none"> • Chicken Nuggets • Confetti Brown Rice • Green Beans • Assorted Fresh or Chilled Fruit • Milk Variety 	11 <ul style="list-style-type: none"> • Beef Twin Tacos w/ Salsa • Steamed Rice • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety 	12 <ul style="list-style-type: none"> • BBQ Grilled Chicken Sandwich • Country Slaw • Vegetarian Baked Beans • Assorted Fresh or Chilled Fruit • Milk Variety 	13 <ul style="list-style-type: none"> • Pasta with Meatballs & Marinara Sauce • Garlic Breadstick • Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety 	14 <ul style="list-style-type: none"> • Mezza Luna Pizza • Italian House Salad • Assorted Fresh or Chilled Fruit • Milk Variety
17 <ul style="list-style-type: none"> • Lucky Tray Day • Crispy Chicken BLT on a Roll • Cucumber Slices • Assorted Fresh or Chilled Fruit • Milk Variety 	18 <ul style="list-style-type: none"> • All-Natural Beef Hot Dog on a Bun • Oven Baked French Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	19 <ul style="list-style-type: none"> • Early Dismissal - No Lunch Served 	20 <ul style="list-style-type: none"> • Sweet & Sour Chicken w/ Steamed Rice • Steamed Broccoli • Assorted Fresh or Chilled Fruit • Milk Variety 	21 <ul style="list-style-type: none"> • Pizza Crunchers w/ Marinara Sauce • Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety
24 <ul style="list-style-type: none"> • Grilled Cheese Sandwich • Tomato Soup • Bell Pepper Slices • Assorted Fresh or Chilled Fruit • Milk Variety 	25 <ul style="list-style-type: none"> • Chicken Nuggets w/ Tater Tots & Soft Pretzel Stick • Cucumber Slices • Assorted Fresh or Chilled Fruit • Milk Variety 	26 <ul style="list-style-type: none"> • Scoop A Bowl w/ Salsa & Steamed Rice • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety 	27 <ul style="list-style-type: none"> • Cheesesteak Hero w/ Sauteed Peppers & Onions • Sweet Potato Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	28 <ul style="list-style-type: none"> • Mezza Luna Pizza • Cucumber & Tomato Salad • Assorted Fresh or Chilled Fruit • Milk Variety

Maschio's Swap Out's Available Daily: Bagel Bag with Cheese , Cheese Pizza, Bagel & Yogurt Meal, Cereal Bag w/ Cheese , Muffin Meal Bag , Turkey Sandwich, Peanut Butter & Jelly Sandwich, , Salad with Greens, Protein & Dinner Roll, , Chicken Nuggets & Dinner Roll

All Meals Served All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice.

K-8 Calorie Info 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.

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