

# September 2018

## Holland Township Lunch

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

### MONDAY

3



Labor Day - No School

10

- Chicken Nuggets
- Confetti Brown Rice
- Green Beans
- Assorted Fresh or Chilled Fruit
- Milk Variety

17

- Lucky Tray Day
- Crispy Chicken BLT on a Roll
- Cucumber Slices
- Assorted Fresh or Chilled Fruit
- Milk Variety

24

- Grilled Cheese Sandwich
- Tomato Soup
- Bell Pepper Slices
- Assorted Fresh or Chilled Fruit
- Milk Variety

### TUESDAY

4

- Hamburger on a Bun or Cheeseburger on a Bun
- Tater Tots
- Assorted Fresh or Chilled Fruit
- Milk Variety

11

- Beef Twin Tacos w/ Salsa
- Steamed Rice
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

18

- All-Natural Beef Hot Dog on a Bun
- Oven Baked French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

25

- Chicken Nuggets w/ Tater Tots & Soft Pretzel Stick
- Cucumber Slices
- Assorted Fresh or Chilled Fruit
- Milk Variety

### WEDNESDAY

5

- Macaroni & Cheese
- Soft Pretzel Stick
- Steamed Broccoli
- Assorted Fresh or Chilled Fruit
- Milk Variety

12

- BBQ Grilled Chicken Sandwich
- Country Slaw
- Vegetarian Baked Beans
- Assorted Fresh or Chilled Fruit
- Milk Variety

19

- Early Dismissal - No Lunch Served

26

- Scoop A Bowl w/ Salsa & Steamed Rice
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

### THURSDAY

6

- Breakfast for Lunch
- French Toast Sticks
- Breakfast Sausage
- Hash Browns
- Assorted Fresh or Chilled Fruit
- Milk Variety

13

- Pasta with Meatballs & Marinara Sauce
- Garlic Breadstick
- Spring Mix Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

20

- Sweet & Sour Chicken w/ Steamed Rice
- Steamed Broccoli
- Assorted Fresh or Chilled Fruit
- Milk Variety

27

- Cheesesteak Hero w/ Sauteed Peppers & Onions
- Sweet Potato Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

### FRIDAY

7

- Bellas NY Style Pizza
- Caesar Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

14

- Mezza Luna Pizza
- Italian House Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

21

- Pizza Crunchers w/ Marinara Sauce
- Spring Mix Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

28

- 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/ Yogurt, Muffin Meal Bag , Turkey Sandwich, Peanut Butter & Jelly Sandwich, , Salad with Greens, Protein & Dinner Roll, , Chicken Nuggets & Dinner Roll

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](http://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.

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