

October 2018

Holland Township
Lunch

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Turkey Corn Dog Nuggets
- Emoji Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

2

- Chicken Fries
- Warm Biscuit
- Mashed Potatoes w/ Gravy
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

3

- Pasta Day with Meat Sauce
- Pretzelicious Apple
- Spring Mix Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

4

- Grilled Ham & Cheese Melt on a Pretzel Bun
- Minestrone Soup
- Veggie Dippers
- Assorted Fresh or Chilled Fruit
- Milk Variety

5

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

8



No School

9

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

10

- Waffles
- Breakfast Sausages
- Maple Cinnamon Sweet Potato Tots
- Assorted Fresh or Chilled Fruit
- Milk Variety

11

- Meatball Parm Hero
- Battered French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

12

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

15

- Chicken Fries
- Warm Biscuit
- Mashed Potatoes with Gravy
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

16

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

17

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

18

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

19

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

22

- Chicken Nuggets
- Dinner Roll
- Green Beans
- Assorted Fresh or Chilled Fruit
- Milk Variety

23

- Twin Tacos with Taco Meat
- Shredded Cheddar Cheese , Lettuce & Tomatoes and Salsa
- Steamed Rice
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

24

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

25

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

26

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

29

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

30

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

31

- Breakfast for Lunch
- Pancakes (2)
- Breakfast Sausages
- Hash Brown Rounds
- 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.

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.

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