

October 2018

Clarendon School Lunch

Lunch Prices Student Lunch: \$2.80 Reduced Lunch: \$0.40 Adult Lunch: \$3.55

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> Turkey Corn Dog Nuggets Emoji Fries Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Crispy Chicken Salad 	<p>2</p> <ul style="list-style-type: none"> Grilled Ham & Cheese Melt on a Pretzel Bun Minestrone Soup Veggie Dippers Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Turkey & Cheese Sandwich 	<p>3</p> <ul style="list-style-type: none"> Pasta Day with Meat Sauce Garlic Breadstick Spring Mix Salad Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Spicy Chicken on a Bed of Lettuce with a Whole Wheat Roll 	<p>4</p> <ul style="list-style-type: none"> Chicken Fries Warm Biscuit Mashed Potatoes w/ Gravy Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Veggie Burger on a Whole Wheat Roll 	<p>5</p> <ul style="list-style-type: none"> Pizza Day Delivery from Natoli's Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Chicken Salad on a Bed of Lettuce with a Whole Wheat Roll
<p>8</p> <ul style="list-style-type: none"> Popcorn Chicken Dinner Roll Veggie Dippers Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Crispy Chicken Salad 	<p>9</p> <ul style="list-style-type: none"> Meatball Parm Hero Battered French Fries Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Turkey & Cheese Sandwich 	<p>10</p> <p>Breakfast for Lunch</p> <ul style="list-style-type: none"> Waffles Breakfast Sausages Maple Cinnamon Sweet Potato Tots Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Spicy Chicken on a Bed of Lettuce with a Whole Wheat Roll 	<p>11</p> <ul style="list-style-type: none"> Twin Chicken Tacos w/ Salsa Steamed Rice Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Veggie Burger on a Whole Wheat Roll 	<p>12</p> <ul style="list-style-type: none"> Pizza Day Delivery from La Mia Cuccina Italian House Salad Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Chicken Salad on a Bed of Lettuce with a Whole Wheat Roll
<p>15</p> <ul style="list-style-type: none"> Chicken Fries Warm Biscuit Mashed Potatoes with Gravy Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Crispy Chicken Salad 	<p>16</p> <ul style="list-style-type: none"> Hamburger on a Bun or Cheeseburger on a Bun Tater Tots Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Turkey & Cheese Sandwich 	<p>17</p> <ul style="list-style-type: none"> Macaroni & Cheese Soft Pretzel Stick Steamed Broccoli Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Spicy Chicken on a Bed of Lettuce with a Whole Wheat Roll 	<p>18</p> <p>Breakfast for Lunch</p> <ul style="list-style-type: none"> French Toast Sticks Breakfast Sausage Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Veggie Burger on a Whole Wheat Roll 	<p>19</p> <ul style="list-style-type: none"> Delivery From Plaza Pizza Freshly Prepared Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Chicken Salad on a Bed of Lettuce with a Whole Wheat Roll
<p>22</p> <ul style="list-style-type: none"> Chicken Nuggets Confetti Rice Green Beans Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Crispy Chicken Salad 	<p>23</p> <ul style="list-style-type: none"> Twin Tacos with Taco Meat Shredded Cheddar Cheese, Lettuce & Tomatoes and Salsa Steamed Rice Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Turkey & Cheese Sandwich 	<p>24</p> <ul style="list-style-type: none"> BBQ Grilled Chicken Sandwich Country Slaw Vegetarian Baked Beans Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Spicy Chicken on a Bed of Lettuce with a Whole Wheat Roll 	<p>25</p> <ul style="list-style-type: none"> Pasta with Meatballs & Marinara Sauce Garlic Breadstick Freshly Prepared Spring Mix Salad Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Veggie Burger on a Whole Wheat Roll 	<p>26</p> <ul style="list-style-type: none"> Delivery from Natoli's Pizza Freshly Prepared Italian House Salad Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Chicken Salad on a Bed of Lettuce with a Whole Wheat Roll
<p>29</p> <p>Lucky Tray Day</p> <ul style="list-style-type: none"> Crispy Chicken BLT on a Roll Cucumber Coins Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Crispy Chicken Salad 	<p>30</p> <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 <p>Swap Outs</p> <ul style="list-style-type: none"> Turkey & Cheese Sandwich 	<p>31</p> <p>Breakfast for Lunch</p> <ul style="list-style-type: none"> Pancakes (2) Breakfast Sausages Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety <p>Swap Outs</p> <ul style="list-style-type: none"> Spicy Chicken on a Bed of Lettuce with a Whole Wheat Roll 		

Maschio's Swap Out's Available Daily: Hummus Platter with Whole Wheat Pita, Low Fat Yogurt Bag, Bagel Bag, Cereal Bag

Kindergarten Menu Selections Student Name: _____ PIN #: _____ Teacher: _____

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.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

More Details: sboe.nutrislice.com/menu/clarendon-school/lunch/
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