



Lunch Menu

Prospect Park School September 2018

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

Student Lunch - No Charge
Adult Lunch \$3.50

Maschio's Swap Outs

Monday: Turkey Sandwich with Lettuce
Tuesday: Turkey Ham & Cheese Sandwich
Wednesday: Tuna Salad Platter with Roll
Thursday: Grilled Chicken Sandwich,
Friday: Fruit and Cheese Platter

Maschio's Swap Outs Available Daily

Bagel Bag Meal
Grilled Chicken Caesar Salad with Roll
Assorted Sandwiches

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Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
Chicken Nuggets Confetti Brown Rice Assorted Fresh or Chilled Fruit	Taco Tuesday Twin Beef Tacos Steamed Rice Steamed Corn Assorted Fresh or Chilled Fruit	Grilled BBQ Chicken Sandwich Country Slaw Vegetarian Baked Beans Assorted Fresh or Chilled Fruit	Pasta with Meatballs Garlic Breadstick Spring Mix Salad Assorted Fresh or Chilled Fruit	Stuffed Crust Pizza Italian House Salad Assorted Fresh or Chilled Fruit
17	18	19	20	21
Back to School Night Early Dismissal No Lunch Served	Crispy Chicken BLT Freshly Sliced Cucumber Coins Assorted Fresh or Chilled Fruit	Beef Hot Dog on Bun Oven Baked French Fries Assorted Fresh or Chilled Fruit	Sweet & Sour Chicken Steamed Rice and Broccoli Assorted Fresh or Chilled Fruit	Pizza Crunchers w/ Marinara Sauce Spring Mix Salad Assorted Fresh or Chilled Fruit
24	25	26	27	28
Grilled Cheese Sandwich Tomato Soup Local Fresh Bell Pepper Slices Assorted Fresh or Chilled Fruit	Chicken Nuggets Tater Tots Soft Pretzel Stick Locally Sourced Fresh Cucumbers Assorted Fresh or Chilled Fruit	Scoop A Bowl Nachos Steamed Rice & Corn Assorted Fresh or Chilled Fruit	Philly Cheesesteak with Fresh Local Peppers & Onions Sweet Potato Fries Assorted Fresh or Chilled Fruit	Personal Pan Pizza Local Fresh Cucumber & Tomato Salad Assorted Fresh or Chilled Fruit

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!**

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Questions or Concerns?
Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 973-790-7909

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"