

Park Lake School

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

All meals are served with the Vegetable of the Day, Fruit of the Day and Milk or Water

Student Lunch	\$2.40
Reduced Lunch	\$0.40
Adult Lunch	\$2.90

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich
Or

Cereal Bag- Cereal, Graham Crackers, and American Cheese Slices

Served with Vegetable of the Day, Fruit, and Beverage Choice

Monday	Tuesday	Wednesday	Thursday	Friday
  <h1 style="color: blue;">HAPPY HOLIDAYS</h1>				
4 Chicken Nuggets Mashed Potatoes w/ Gravy Fresh or Chilled Fruit	5 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh or Chilled Fruit	6 Spaghetti w/ Meatballs Dinner Roll Sautéed Broccoli Fresh or Chilled Fruit	7 Mini Waffles Sausage Potato Wedges Fresh or Chilled Fruit	1 No Lunch Service School Trip
11  Crispy Chicken Sandwich Peas and Carrots Fresh or Chilled Fruit	12 Half Day Corn Dog Nuggets Sweet Potato Tots Fresh or Chilled Fruit	13 Sweet and Sour Chicken Tice Green Beans Fresh or Chilled Fruit	14 Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	8 Pizza or Pizza Sticks Veggie Sticks Fresh or Chilled Fruit
18 Chicken Nuggets Mashed Potatoes w/ Gravy Fresh or Chilled Fruit	19 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh or Chilled Fruit	20 Spaghetti w/ Meatballs Dinner Roll Green Beans Fresh or Chilled Fruit	21 First Day of Winter Mini Waffles Sausage Potato Wedges Fresh or Chilled Fruit	15 Pizza or Pizza Sticks Veggie Sticks Fresh or Chilled Fruit
25 <div style="text-align: center;"> <h1 style="color: blue;">Enjoy your Winter Break & Have a Happy New Year!</h1> </div>	26	27	28	22 Half Day Pizza or Pizza Sticks Veggie Sticks Fresh or Chilled Fruit
<div style="text-align: center;"> <h1 style="color: blue;">Enjoy your Winter Break & Have a Happy New Year!</h1> </div>				

Our well-balanced lunches available for the week meet the age-appropriate calorie requirements, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: (973) 983-1099

Please Make Checks Payable To: ESC of Morris County

Connect with us!   

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"