

November 2018

Park Lake Regional School Lunch

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

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

			1	2
			<ul style="list-style-type: none"> Swedish Meatballs Buttered Noodles Green Beans Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pizza Freshly Prepared Spring Mix Salad Assorted Fresh or Chilled Fruit Milk Variety

5	6	7	8	9
<ul style="list-style-type: none"> Sweet and Sour Chicken w/ Rice Fresh Vegetables Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Chicken Parmesan Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Macaroni and Cheese Dinner Roll Side Salad Peas and Carrots Assorted Fresh or Chilled Fruit Milk Variety 	No School	No School

12	13	14	15	16
<ul style="list-style-type: none"> Sloppy Joe Tater Tots Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Taco Tuesday Taco Garden Salad Served w/ Tortilla Scoops Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Cheeseburger or All Beef Hot Dogs Baked Beans Baked Sweet Potato Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Grilled Chicken Breast Sandwich Tomato Soup Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Bellas NY Style Pizza Freshly Prepared Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety

19	20	21	22	23
<ul style="list-style-type: none"> Chicken Tenders Side of Macaroni and Cheese Dinner Roll Veggie Dippers Assorted Fresh or Chilled Fruit Milk Variety 	No Lunch Service	<ul style="list-style-type: none"> Pancakes Breakfast Sausages Hash Browns Assorted Fresh or Chilled Fruit Milk Variety 	Thanksgiving - No School	No School

26	27	28	29	30
<ul style="list-style-type: none"> Chicken Nuggets Baked Beans Sweet Potatoes Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pasta Marinara w/ Meatballs Dinner Roll Vegetable Medley Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Cheese Steak Sandwich Tomato Soup Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Chicken Tenders Baked Fries Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pizza Vegetable Medley Assorted Fresh or Chilled Fruit Milk Variety



Harvest Market: Fresh Vegetables, Featured Salads, Bean Salads, or Veggie Dippers Available Daily

SWAP Out Offered Daily: Cereal Bag, Peanut Butter and Jelly Sandwich, Grilled Cheese Sandwich

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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