

# January 2019

## Park Lake Regional School Lunch

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> New Year's Day - No School	<b>2</b> No Lunch Service	<b>3</b> Hot Roast Turkey Mashed Potatoes Gravy • Assorted Fresh or Chilled Fruit • Milk Variety Carrots	<b>4</b> Assorted Pizza • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>7</b> Cheeseburger or Hot Dog Baked Fries • Assorted Fresh or Chilled Fruit • Milk Variety	<b>8</b> Taco salad Spanish Rice • Assorted Fresh or Chilled Fruit • Milk Variety	<b>9</b> Chicken Tenders w/ a side of Macaroni and Cheese Dinner Roll • Vegetarian Baked Beans • Assorted Fresh or Chilled Fruit • Milk Variety	<b>10</b> Meatball Parm Sandwich Seasoned Green Beans • Crinkle Cut French Fries • Assorted Fresh or Chilled Fruit • Milk Variety	<b>11</b> Assorted Pizza • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>14</b> Sweet and Sour Chicken w/ Steamed Rice • Stir-Fry Vegetables • Assorted Fresh or Chilled Fruit • Milk Variety	<b>15</b> Crispy BLT Chicken Sandwich Tomato Soup • Assorted Fresh or Chilled Fruit • Milk Variety	<b>16</b> Cheeseburger or Hot Dog Baked Fries • Assorted Fresh or Chilled Fruit • Milk Variety	<b>17</b> • Chicken Nuggets Sweet Potato Fries • Mixed Vegetables • Assorted Fresh or Chilled Fruit • Milk Variety	<b>18</b> Assorted Pizza • Freshly Prepared Italian House Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>21</b> MLK Day - No School	<b>22</b> Grilled Chicken Quesadilla served w/ sour cream and salsa Vegetable Medley • Assorted Fresh or Chilled Fruit • Milk Variety	<b>23</b> Corn Dog Nuggets Sweet Potato Fries Baked Beans • Assorted Fresh or Chilled Fruit • Milk Variety	<b>24</b> Cheese Steak Sandwich Tomato Soup • Assorted Fresh or Chilled Fruit • Milk Variety	<b>25</b> Assorted Pizza • Freshly Prepared Garden Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>28</b> Chicken Parm Sandwich Platter Tossed Salad • Assorted Fresh or Chilled Fruit • Milk Variety	<b>29</b> Taco salad served over garden salad w/ salsa and sour cream • Assorted Fresh or Chilled Fruit • Milk Variety	<b>30</b> Roast Turkey Mashed Potatoes Gravy Vegetable Medley • Assorted Fresh or Chilled Fruit • Milk Variety	<b>31</b> • Swedish Meatballs White Rice Carrots • 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](http://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.

---

Layout, design & code © Nutrislice, Inc. Private and non-commercial uses permitted.  
This Institution is an equal opportunity provider.