

February 2019

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

Park Lake Regional School
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pizza Bites served w/ Marinara Sauce • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
4 Cheeseburger or Hot Dog Baked Fries Sweet Corn • Assorted Fresh or Chilled Fruit • Milk Variety	5 Taco Tuesday Served over garden salad with salsa and sour cream • Assorted Fresh or Chilled Fruit • Milk Variety	6 Pasta Marinara Served w/ Meatballs • Assorted Fresh or Chilled Fruit • Milk Variety Dinner Roll	7 Chicken Tenders Sweet Potato Fries • Mixed Vegetables • Assorted Fresh or Chilled Fruit • Milk Variety	8 Pizza Salad Dinner Roll • Assorted Fresh or Chilled Fruit • Milk Variety
11 Sweet and Sour Chicken Steamed Rice • Stir-Fry Vegetables • Assorted Fresh or Chilled Fruit • Milk Variety	12 Grilled Chicken Quesadilla Served w/ Sour Cream • Black Beans • Assorted Fresh or Chilled Fruit • Milk Variety	13 Cheesesteak Hero • Tomato Soup • Baked Chips • Assorted Fresh or Chilled Fruit • Milk Variety	14 Chicken Tenders Served w/ a side of Macaroni and Cheese Baked Beans • Assorted Fresh or Chilled Fruit • Milk Variety	15 Pizza Bites served w/ Marinara Sauce • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety
18 Presidents Day - No School	19 No School	20 Chicken Parmesan Platter Dinner Roll • Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety	21 Corn Dog Corn Sweet Potato Fries • Assorted Fresh or Chilled Fruit • Milk Variety	22 • Personal Pan Pizza • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
25 Grilled Chicken Platter Mashed Potatoes w/ Gravy Peas and Carrots • Assorted Fresh or Chilled Fruit • Milk Variety	26 Cheeseburger or Hot Dog Baked Fries Side Salad • Assorted Fresh or Chilled Fruit • Milk Variety	27 BLT Crispy Chicken Salad • Chicken Noodle Soup • Vegetarian Baked Beans • Assorted Fresh or Chilled Fruit • Milk Variety	28 • Swedish Meatballs White Rice • Mixed Vegetables • 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.

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.