

March 2020

Prospect Park
Lunch

Lunch Prices Student Lunch: \$0.00 Adult Lunch: \$4.25

MONDAY

2

- Read Across America Day
 - Wocket in Pizza Pocket
 - Horton's House Salad
 - Sam I Am Sorbet
- Alternate Lunch Choice
- Turkey Sandwich

TUESDAY

3

- Chicken Nuggets
 - Oven Baked French Fries
 - Dinner Roll
- Alternate Lunch Choice
- Turkey Ham and Cheese Sandwich

WEDNESDAY

4

- Pasta with Meat Sauce
 - Garlic Bread
 - Italian Green Beans
- Alternate Lunch Choice
- Bologna and Cheese Sandwich

THURSDAY

5

- Teriyaki Chicken
 - Steamed Rice
 - Steamed Broccoli
 - Fortune Cookie
- Alternate Lunch Choice
- Grilled Chicken Sandwich

FRIDAY

6

- Mozzarella Sticks with Marinara Sauce
 - Freshly Prepared Caesar Salad
 - Garlic Bread
- Alternate Lunch Choice
- Tuna Salad Sandwich

9

- Chicken Tenders
 - Mashed Potatoes with Gravy
 - Steamed Corn
 - Dinner Roll
- Alternate Lunch Choice
- Turkey Sandwich

10

- Beef Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
 - Rice & Beans
- Alternate Lunch Choice
- Turkey Ham and Cheese Sandwich

11

- Hamburger on a Bun or Cheeseburger on a Bun
 - Oven Baked French Fries
- Alternate Lunch Choice
- Bologna and Cheese Sandwich

12

- Chef Day with Maschio's Chef Joe!
BONELESS WING BAR!
Boneless Chicken Chunks tossed in your choice of traditional Buffalo Sauce, BBQ or plain with your own dipping sauce on the side!
- Curly Fries
- Alternate Lunch Choice
- Grilled Chicken Sandwich

13

- Stuffed Crust Pizza
 - Freshly Prepared Garden Salad
- Alternate Lunch Choice
- Tuna Salad Sandwich

16

- Chicken Crunchers
 - Soft Pretzel Stick
 - Tater Tots
 - Celery Sticks
 - Baby Carrots
- Alternate Lunch Choice
- Turkey Sandwich

17

- Creamy Mac & Cheese
 - Mini Cornbread Loaf
 - Sauteed Broccoli
- Alternate Lunch Choice
- Turkey Ham and Cheese Sandwich

18

- Pasta with Meat Sauce
 - Garlic Bread
 - Honey Glazed Carrots
- Alternate Lunch Choice
- Bologna and Cheese Sandwich

19

- Hot Turkey Ham and Cheese on Croissant
 - Hash Browns
- Alternate Lunch Choice
- Grilled Chicken Sandwich

20

- First Day of Spring
- Bella's Pizza
 - Freshly Prepared Italian House Salad
 - Spring 100% Juice Sorbet
- Alternate Lunch Choice
- Tuna Salad Sandwich

23

- Meatless Monday
- Baked Ziti with Shredded Mozzarella Cheese
 - Garlic Bread
 - Italian Green Beans
- Alternate Lunch Choice
- Turkey Sandwich

24

- Crispy Chicken Sandwich
 - Oven Baked French Fries
- Alternate Lunch Choice
- Turkey Ham and Cheese Sandwich

25

- Cheesesteak Hero
 - Cucumber Coins
- Alternate Lunch Choice
- Bologna and Cheese Sandwich

26

- Turkey Corn Dog Nuggets
 - Sweet Potato Waffle Fries
- Alternate Lunch Choice
- Grilled Chicken Sandwich

27

- Pizza Bagels
 - Freshly Prepared Garden Salad
- Alternate Lunch Choice
- Tuna Salad Sandwich

30

- Grilled Cheese Sandwich
 - Tomato Soup
 - Veggie Dippers
- Alternate Lunch Choice
- Turkey Sandwich

31

- Fajita Chicken Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa
 - Black Bean and Corn Salad
- Alternate Lunch Choice
- Turkey Ham and Cheese Sandwich

SWAP OUTS Available Daily: Bagel Bag w/ Yogurt & Cheese, Grilled Chicken Salad with Dinner Roll

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled 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 Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available 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.

More Details: prospectparknj.nutrislice.com/menu/prospect-park-elementary/lunch/
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