








September 2019

Prospect Park
Lunch

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day - No School	3	4	5	6
9 <ul style="list-style-type: none">Crispy Chicken Sandwich with Lettuce & TomatoesFreshly Prepared Veggie Dippers Alternate Lunch Choice <ul style="list-style-type: none">Turkey Sandwich	10 <ul style="list-style-type: none">Hamburger on a Bun or Cheeseburger on a BunOven Baked French Fries Alternate Lunch Choice <ul style="list-style-type: none">Turkey Ham and Cheese Sandwich	11 <ul style="list-style-type: none">Pasta with Meat Sauce Garlic BreadItaliano Green Beans Alternate Lunch Choice <ul style="list-style-type: none">Bologna and Cheese Sandwich	12 <ul style="list-style-type: none">All-Natural Beef Hot Dog on a BunOven Baked Onion RingsBBQ Baked Beans Alternate Lunch Choice <ul style="list-style-type: none">Grilled Chicken Sandwich	13 <ul style="list-style-type: none">Personal Pan Pizza Freshly Prepared Freshly Prepared Caesar Salad Alternate Lunch Choice <ul style="list-style-type: none">Tuna Salad Sandwich
16 Back To School Night	17 <ul style="list-style-type: none">Grilled Cheese SandwichTomato SoupCucumber Coins Alternate Lunch Choice <ul style="list-style-type: none">Turkey Ham and Cheese Sandwich	18 <ul style="list-style-type: none">Chicken Nugget Basket with Tater Tots and Soft Pretzel StickStrawberry Applesauce Alternate Lunch Choice <ul style="list-style-type: none">Bologna and Cheese Sandwich	19 <ul style="list-style-type: none">Sweet and Sour Popcorn Chicken with RiceSteamed BroccoliFortune Cookie  Alternate Lunch Choice <ul style="list-style-type: none">Grilled Chicken Sandwich	20 <ul style="list-style-type: none">Pizza Crunchers with Marinara SauceFreshly Prepared Spring Mix Salad Alternate Lunch Choice <ul style="list-style-type: none">Tuna Salad Sandwich
23 <ul style="list-style-type: none">Grilled Chicken SandwichCountry SlawJersey Fresh Pepper Dippers Alternate Lunch Choice <ul style="list-style-type: none">Turkey Sandwich	24 <ul style="list-style-type: none">Sausage, Egg, & Cheese on a Croissant Bun Hash BrownsJersey Fresh Watermelon  Alternate Lunch Choice <ul style="list-style-type: none">Turkey Ham and Cheese Sandwich	25 <ul style="list-style-type: none">Creamy Mac & CheeseSoft Pretzel StickFreshly Prepared Cucumber CoinsJersey Fresh Apple  Alternate Lunch Choice <ul style="list-style-type: none">Bologna and Cheese Sandwich	26 <ul style="list-style-type: none">Scoop A Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes and SalsaSteamed RiceBlack Bean and Corn Salad Alternate Lunch Choice <ul style="list-style-type: none">Grilled Chicken Sandwich	27 <ul style="list-style-type: none">Stuffed Crust Pizza Freshly Prepared Jersey Fresh Cucumber & Tomato Salad Alternate Lunch Choice <ul style="list-style-type: none">Tuna Salad Sandwich
30 <ul style="list-style-type: none">Popcorn ChickenDinner RollPeas & Carrots Alternate Lunch Choice <ul style="list-style-type: none">Turkey 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 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.

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