



September 2018 Lunch Menu

This month, we are challenging you to focus on "Eating the Colors of the Rainbow."

You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

ALL MAIN EVENTS AND SWAP OUTS:	Student Lunch	\$4.00
Your meal comes with the choice of:	Entrée Only	\$3.00
Fruit and Vegetable	Adult Lunch	\$4.00
Milk, or Water		

Maschio's Swap Outs

- Monday:** Grilled Cheese Sandwich
- Tuesday:** Cheeseburger on a Bun
- Wednesday:** Ham, Turkey, and Cheese on a Bun
- Thursday:** Mozzarella Sticks with Marinara Sauce
- Friday:** Chef Salad with Dinner roll

Maschio's Swap Outs Available Daily

Bagel Meal– Bagel with spread, Cheese Sticks, Fresh Fruit, Fresh Vegetable and Beverage

Chicken Caesar Salad with Dinner Roll

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Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day School Closed	4 Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	5 Corn Dog Nuggets Baked Beans Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	6 Pasta Alfredo with Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	7 Cheese or Pepperoni Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
10 Grilled Chicken Sandwich with Lettuce & Tomato Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	11 Crispy Chicken Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Choc/Vanilla Ice cream	12 Meatball Parm Sandwich Crinkle cut fries Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausage TaterTots Fresh or Chilled Fruit	14 Cheese or Pepperoni Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
17 Chicken Nuggets Warm Breadstick Fresh Veggie Dippers Fresh or Chilled Fruit	18 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	19 Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	20 Hamburger or Cheeseburger on a Bun French Fries Fresh Fruit SCOOP-A-BOWL	21 Cheese or Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
24 Popcorn Chicken with Dipping Sauces Buttered Noodles Carrots Fresh or Chilled Fruit	25 Breakfast for Lunch French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	26 Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Applesauce	27 Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	28 Early Dismissal

Questions or Concerns? Please visit www.maschiofood.com
Or call Maschio's Food Services at: 386-445-2411

Cash, checks, and online payment are accepted.
Online payments can be made at
www.payschoolscentral.com
Please make checks payable to:
Maschio's Food Services, Inc.



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