

# Hudson Arts & Science Primary School

## November 2017 Lunch Menu

**NUTRITION NEWS:** Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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

Student Lunch	\$2.90
Reduced Lunch	\$0.40
Adult Lunch	\$3.75

### Maschio's Swap Outs

**Monday:** Crispy Chicken Salad with a Dinner Roll

**Tuesday:** Turkey & Cheese Sandwich

**Wednesday:** Turkey, Ham, and Cheese Sandwich

**Thursday:** Italian Sub

**Friday:** Tuna Salad Sandwich

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Maschio's Swap Outs Available Daily

Yogurt Bag

Bagel Bag

Cereal Bag

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>				
		1 <b>Hamburger or Cheeseburger on a Bun</b> Tater Tots Fresh or Chilled Fruit	2 <b>National Sandwich Day</b> <b>Turkey Club</b> Lettuce & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	3 <b>Stuffed Crust Cheese Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 <b>Popcorn Chicken with Dipping Sauces</b> Dinner Roll Green Beans Fresh or Chilled Fruit	7 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	8 <b>Mini Pizza Bagels</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	9 <b>Pasta with Meat Sauce</b> Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	10 <b>Assorted Pizza</b> Vegetable Medley Fresh or Chilled Fruit
13 <b>Crispy Chicken Sandwich</b> Sweet Potato Fries Fresh or Chilled Fruit	14 <b>Taco Tuesday</b> <b>Twin Tacos</b> with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15 <b>All-Natural Beef Hot Dog on a Bun</b> Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	16 <b>NEW ITEM!</b> <b>Thanksgiving Feast</b> <b>Roast Turkey with Gravy</b> <b>Pumpkin Swirl Roll</b> Mashed Potatoes Green Beans Fresh or Chilled Fruit	17 <b>Bella's Pizza</b> New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20 <b>Sweet &amp; Sour Popcorn Chicken</b> Steamed Rice Broccoli Fresh or Chilled Fruit	21  <b>Macaroni &amp; Cheese</b> Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	22 <b>Assorted Pizza</b> Vegetable Medley Fresh or Chilled Fruit	23 <b>School Closed</b>	24 
27 <b>Chicken Nuggets</b> Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	28 <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	29 <b>Fiesta Chicken Nacho Platter</b> with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit	30 <b>Philly Cheesesteak Hero</b> French Fries Warm Pear Crisp	

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!**

Questions or Concerns?  
Please visit [www.maschiofood.com](http://www.maschiofood.com)  
or call Maschio's Food Services at your school

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"