

Hudson Arts & Science Primary School

October 2017 Lunch Menu



Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

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

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|---------------|--------|
| 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


Maschio's Swap Outs Available Daily

- Yogurt Bag
- Bagel Bag
- Cereal Bag

Connect with us!   



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 2 Popcorn Chicken with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit | 3 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit | 4 National Taco Day! Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit | 5 BBQ Grilled Chicken Sandwich Country Slaw Vegetarian Baked Beans Strawberry Applesauce | 6 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit |
| 9 School Closed | 10 School Closed | 11 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit | 12 New Recipe! #Throwback Thursday Cheeseburger Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit | 13 Stuffed Crust Pizza Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit |
| NATIONAL SCHOOL LUNCH WEEK | | | | |
| 16 Lucky Tray Day! Crispy Chicken BLT on a Roll Fresh Cucumber Coins Fresh or Chilled Fruit | 17 All Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit | 18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit | 19 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit | 20 Twisty Cheesy Breadsticks with Marinara Sauce Locally Grown Veggie Dippers Fresh or Chilled Fruit |
| 23 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit | 24 New Recipe! Chicken Fried Rice Steamed Vegetables Mandarin Oranges Fortune Cookie | 25 Pasta with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit | 26 Chicken Nuggets Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit | 27 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit |
| 30 New Item! Chicken Tenders Basket Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit | 31 HALLOWEEN Turkey Corn Dog Nuggets Sweet Potato Tots 100% Juice Orange Sorbet | | |  |

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
or call Maschio's Food Services at your school

MENU SUBJECT TO CHANGE


"This institution is an equal opportunity provider"