

# September 2018

## Mountain Way School Lunch

Student Lunch: \$2.95 Reduced Lunch: \$0.40 Adult Lunch: \$3.95

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Labor Day - No School	<b>4</b> No School	<b>5</b> No School	<b>6</b> Breakfast for Lunch • French Toast Sticks • Breakfast Sausage • Hash Browns • Assorted Fresh or Chilled Fruit • Milk Variety	<b>7</b> • Turkey Ham and Cheese Hero • Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>10</b> Rosh Hashanah No School	<b>11</b> • Beef Twin Tacos w/ Salsa • Steamed Rice • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety	<b>12</b> • BBQ Grilled Chicken Sandwich • Country Slaw • Vegetarian Baked Beans • Assorted Fresh or Chilled Fruit • Milk Variety	<b>13</b> • Pasta with Meatballs & Marinara Sauce • Garlic Breadstick • Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety	<b>14</b> • Chicken Nuggets • Italian House Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>17</b> Hickory Pizza Lucky Tray Day • Cucumber Slices • Assorted Fresh or Chilled Fruit • Milk Variety	<b>18</b> • All-Natural Beef Hot Dog on a Bun • Oven Baked French Fries • Assorted Fresh or Chilled Fruit • Milk Variety	<b>19</b> Yom Kippur No School	<b>20</b> • Sweet & Sour Chicken w/ Steamed Rice • Steamed Broccoli • Assorted Fresh or Chilled Fruit • Milk Variety	<b>21</b> • Crispy Chicken BLT on a Roll • Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>24</b> Hickory Pizza • Local Fresh Bell Pepper Slices • Assorted Fresh or Chilled Fruit • Milk Variety	<b>25</b> • Chicken Nuggets w/ Tater Tots & Soft Pretzel Stick • Local Fresh Cucumber Slices • Assorted Fresh or Chilled Fruit • Milk Variety	<b>26</b> • Scoop A Bowl w/ Salsa & Steamed Rice • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety	<b>27</b> • Cheesesteak Hero with local Peppers & Onions • Sweet Potato Fries • Assorted Fresh or Chilled Fruit • Milk Variety	<b>28</b> • Macaroni & Cheese • Local Fresh Cucumber & Tomato Salad • Assorted Fresh or Chilled Fruit • Milk Variety



Maschio's Swap Outs Available Daily: Chicken Nuggets, Muffin Bag Meal, Bagel Bag, Cereal Bag

**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](http://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.

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