

October 2018

Euclid/Lincoln Elementary

Lunch

Beverage Prices Milk: \$0.60 Juice Cup: \$0.55 Bottled Water - Small: \$0.65

A La Carte Snacks Fresh Fruit: \$0.75 Baked Chips: \$0.75 Fresh Baked Cookie: \$0.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<ul style="list-style-type: none"> Chicken Fries Warm Biscuit Mashed Potatoes w/ Gravy Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Italian Sub Chef Salad with Dinner Roll Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Chef Salad with Dinner Roll Turkey Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Cheeseburger on a Bun Oven Baked French Fries Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Chicken Caesar Salad Ham and Cheese Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Mini Maple Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Crispy Chicken Salad with Dinner Roll Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Pizzeria Pizza Day Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Tuna Salad Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich
8	9	10	11	12
No School	<ul style="list-style-type: none"> Popcorn Chicken Dinner Roll Veggie Dippers Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Chef Salad with Dinner Roll Turkey Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Meatball Parm Hero Battered French Fries Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Chicken Caesar Salad Ham and Cheese Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Waffles Breakfast Sausages Maple Cinnamon Sweet Potato Tots Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Crispy Chicken Salad with Dinner Roll Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Pizzeria Pizza Day Italian House Salad Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Tuna Salad Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich
15	16	17	18	19
<ul style="list-style-type: none"> Crispy Chicken Sandwich Maple Cinnamon Sweet Potatoes Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Italian Sub Chef Salad with Dinner Roll Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Chef Salad with Dinner Roll Turkey Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Cheeseburger on a Bun Golden Corn Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Chicken Caesar Salad Ham and Cheese Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> All-Natural Beef Hot Dog on a Bun Oven Baked French Fries Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Crispy Chicken Salad with Dinner Roll Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Pizzeria Pizza Day Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Tuna Salad Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich
22	23	24	25	26
<ul style="list-style-type: none"> Chicken Nuggets Tater Tots Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Italian Sub Chef Salad with Dinner Roll Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Mini Maple Pancakes Breakfast Sausages Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Chef Salad with Dinner Roll Turkey Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Pasta with Meatballs & Marinara Sauce Garlic Breadstick Spring Mix Salad Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Chicken Caesar Salad Ham and Cheese Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Scoop A Bowl Steamed Rice Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Crispy Chicken Salad with Dinner Roll Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich 	<ul style="list-style-type: none"> Pizzeria Pizza Day Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety Daily Swap Outs <ul style="list-style-type: none"> Tuna Salad Sandwich Bagel & Yogurt Meal Peanut Butter & Jelly Jamwich Fruit & Cheese Platter Cheese Sandwich

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- Popcorn Chicken
- Mashed Potatoes
- Assorted Fresh or Chilled Fruit
- Milk Variety

Daily Swap Outs

- Italian Sub
- Chef Salad with Dinner Roll
- Bagel & Yogurt Meal
- Peanut Butter & Jelly Jamwich
- Fruit & Cheese Platter
- Cheese Sandwich

30

- Crispy Chicken Sandwich
- Oven Baked French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

Daily Swap Outs

- Chef Salad with Dinner Roll
- Turkey Sandwich
- Bagel & Yogurt Meal
- Peanut Butter & Jelly Jamwich
- Fruit & Cheese Platter
- Cheese Sandwich

31

- Cheeseburger on a Bun
- Oven Baked French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

Daily Swap Outs

- Chicken Caesar Salad
- Ham and Cheese Sandwich
- Bagel & Yogurt Meal
- Peanut Butter & Jelly Jamwich
- Fruit & Cheese Platter
- Cheese Sandwich

All Meals Served 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.

Nutrition Info K-5 Our well-balanced lunches available for the week, average between 550-650 calories with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Nutrition Info 6-12 Our well-balanced lunches available for the week, average between 600-850 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: hhschools.nutrislice.com/menu/euclidlincoln-elementary/lunch/
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