


# September 2018

## Mountain Villa School Lunch

Lunch Price List    Student Lunch: \$2.90    Reduced Lunch: \$0.40    Adult Lunch: \$3.70

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 	<b>4</b> <ul style="list-style-type: none"> <li>Hamburger on a Bun or</li> <li>Cheeseburger on a Bun</li> <li>Tater Tots</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese</li> <li>Soft Pretzel Stick</li> <li>Steamed Broccoli</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Breakfast for Lunch</li> <li>French Toast Sticks</li> <li>Breakfast Sausages</li> <li>Hash Browns</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Bellas NY Style Pizza</li> <li>Caesar Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>10</b> <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Confetti Brown Rice</li> <li>Green Beans</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Beef Twin Tacos w/ Salsa</li> <li>Steamed Rice</li> <li>Steamed Corn</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>BBQ Grilled Chicken Sandwich</li> <li>Country Slaw</li> <li>Vegetarian Baked Beans</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Pasta with Meatballs &amp; Marinara Sauce</li> <li>Garlic Breadstick</li> <li>Spring Mix Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Stuffed Crust Pizza</li> <li>Italian House Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>17</b> <ul style="list-style-type: none"> <li>Lucky Tray Day</li> <li>Crispy Chicken BLT on a Croissant</li> <li>Cucumber Slices</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>All-Natural Beef Hot Dog on a Bun</li> <li>Oven Baked French Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Breakfast for Lunch</li> <li>Pancakes (2)</li> <li>Breakfast Sausages</li> <li>Hash Browns</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Sweet &amp; Sour Chicken w/ Steamed Rice</li> <li>Steamed Broccoli</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Pizza Crunchers w/ Marinara Sauce</li> <li>Spring Mix Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> <li>Tomato Soup</li> <li>Bell Pepper Slices</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Chicken Nuggets w/ Tater Tots &amp; Soft Pretzel Stick</li> <li>Cucumber Slices</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Scoop A Bowl w/ Salsa &amp; Steamed Rice</li> <li>Steamed Corn</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Cheesesteak Hero w/ Sauteed Peppers &amp; Onions</li> <li>Sweet Potato Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Personal Pan Pizza</li> <li>Cucumber &amp; Tomato Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>

**Maschio's Swap-Outs Available Daily:** Chicken Patty on a Bun , Crispy Chicken Salad, Bagel Bag, Muffin Meal , Cereal Meal

**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.

**K-5 Calorie Info** 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!

**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.

**EOE Statement** Maschio's Food Services, Inc. is an Equal Opportunity Employer.

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