

# October 2018

## Hamburg School Lunch

Lunch Prices Student Lunch: \$2.90 Reduced Lunch: \$0.40 Adult Lunch: \$3.60

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<ul style="list-style-type: none"> <li>• Chicken Parm Hero</li> <li>• Steamed Broccoli</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> Spicy Chicken Pattie	<ul style="list-style-type: none"> <li>• Bacon Cheeseburger on a Bun</li> <li>• BBQ Baked Beans</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Beef Hot Dog on a Bun	<ul style="list-style-type: none"> <li>• Pasta Day with Meat Sauce</li> <li>• Garlic Breadstick</li> <li>• Spring Mix Salad</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Egg Salad Sandwich	<ul style="list-style-type: none"> <li>• Chicken Fries</li> <li>• Warm Biscuit</li> <li>• Mashed Potatoes w/ Gravy</li> <li>• Steamed Corn</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Chicken Caesar Salad	<ul style="list-style-type: none"> <li>• Pizza Day</li> <li>• Bellas NY Style Pizza</li> <li>• Caesar Salad</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Cheeseburger on a Bun
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Columbus Day-No School	<ul style="list-style-type: none"> <li>• Meatball Parm Hero</li> <li>• Battered French Fries</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Beef Hot Dog on a Bun	<ul style="list-style-type: none"> <li>• Waffles</li> <li>• Breakfast Sausages</li> <li>• Maple Cinnamon Sweet Potato Tots</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Egg Salad Sandwich	<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>Swap Outs</b> • Chicken Caesar Salad	<ul style="list-style-type: none"> <li>• Pizza Day</li> <li>• Whole Wheat French Bread Pizza</li> <li>• Italian House Salad</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Cheeseburger on a Bun
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<ul style="list-style-type: none"> <li>• Chicken Fries</li> <li>• Warm Biscuit</li> <li>• Mashed Potatoes with Gravy</li> <li>• Steamed Corn</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> Spicy Chicken Pattie	<ul style="list-style-type: none"> <li>• Hamburger on a Bun or Cheeseburger on a Bun</li> <li>• Tater Tots</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Beef Hot Dog on a Bun	<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>Swap Outs</b> • Egg Salad Sandwich	Breakfast for Lunch <ul style="list-style-type: none"> <li>• French Toast Sticks</li> <li>• Breakfast Sausage</li> <li>• Hash Brown Rounds</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Chicken Caesar Salad	<ul style="list-style-type: none"> <li>• Bellas NY Style Pizza</li> <li>• Freshly Prepared Caesar Salad</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Cheeseburger on a Bun
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Confetti Rice</li> <li>• Green Beans</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> Spicy Chicken Pattie	<ul style="list-style-type: none"> <li>• Twin Tacos with Taco Meat Shredded Cheddar Cheese, Lettuce &amp; Tomatoes and Salsa</li> <li>• Steamed Rice</li> <li>• Steamed Corn</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Beef Hot Dog on a Bun	<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>Swap Outs</b> • Egg Salad Sandwich	<ul style="list-style-type: none"> <li>• Pasta with Meatballs &amp; Marinara Sauce</li> <li>• Garlic Breadstick</li> <li>• Freshly Prepared Spring Mix Salad</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Chicken Caesar Salad	<ul style="list-style-type: none"> <li>• Stuffed Crust Pizza</li> <li>• Freshly Prepared Italian House Salad</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Cheeseburger on a Bun
<b>29</b>	<b>30</b>	<b>31</b>		
Lucky Tray Day <ul style="list-style-type: none"> <li>• Crispy Chicken BLT on a Roll</li> <li>• Cucumber Coins</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> Spicy Chicken Pattie	<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>Swap Outs</b> • Beef Hot Dog on a Bun	Breakfast for Lunch <ul style="list-style-type: none"> <li>• Pancakes (2)</li> <li>• Breakfast Sausages</li> <li>• Hash Brown Rounds</li> <li>• Assorted Fresh or Chilled Fruit</li> <li>• Milk Variety</li> </ul> <b>Swap Outs</b> • Egg Salad Sandwich		



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**Daily Swap Outs:** Bellas NY Style Pizza, Cereal Bag, Bagel Bag, Ham and 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-8** 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!

**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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