

October 2019

Winston S. Churchill School Lunch

Price List Student Lunch: \$4.00 Adult Lunch: \$4.50 Extra Entree w/ Lunch Purchase:
\$2.50 2nd Slice of Pizza: \$1.75

Beverages Milk: \$0.50 Bottled Water: \$1.00 20oz. Large Gatorade: \$2.00 12oz. Small
Gatorade: \$1.25

A La Carte Bag of Chips: \$1.00 Hershey's Ice Cream: \$2.00 Fresh Baked Cookie: \$1.00

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Italian Sampler with **Breaded Ravioli**, **Mozzarella Sticks** & Marinara Sauce
- Freshly Prepared Italian House Salad
- Daily Swap Outs**
- Personal Pan Pizza or
- Freshly Prepared Caesar Salad

2

- Soft Taco Day!**
- Beef Twin Tacos with **Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa** with Shredded Lettuce, Tomatoes & Salsa
 - Steamed Rice
 - Daily Swap Outs**
 - Chicken Nuggets or
 - Chicken Caesar Salad Wrap

3

- Pasta Alfredo with **Chicken and Broccoli**
- Warm Breadstick
- Daily Swap Outs**
- Mozzarella Sticks or
- Crispy Chicken Salad

4

- Hollywood Pizza 🍷
- Freshly Prepared Italian House Salad
- Daily Swap Outs**
- Chicken Nuggets or
- Freshly Prepared Garden Salad

7

- Creamy Mac & Cheese
- Broccoli Italiano
- Soft Pretzel Stick
- Daily Swap Outs**
- Chicken Nuggets or
- Freshly Prepared Chopped Salad

8

- Boneless **Chicken Wing Basket** with BBQ Sauce
- Oven Baked French Fries
- Daily Swap Outs**
- Personal Pan Pizza or
- Freshly Prepared Caesar Salad

9

No School

10

- Grilled Ham & Cheese Melt on a **Pretzel Bun**
- Seasoned Spiral Fries
- Daily Swap Outs**
- Mozzarella Sticks or
- Crispy Chicken Salad

11

- Gencarelli's Pizza 🍷
- Jersey Fresh Cucumber & Tomato Salad
- Daily Swap Outs**
- Chicken Nuggets or
- Freshly Prepared Garden Salad

14

No School

15

- ★ New Item
- Tot-chos with **Tater Tots, Taco Meat, Queso, Peppers, and Scallions**
- Warm Soft Pretzel Sticks
- Local and Fresh Pepper Dippers
- Daily Swap Outs**
- Personal Pan Pizza or
- Freshly Prepared Caesar Salad

16

- Breakfast for Lunch**
- Confetti Pancakes
 - Breakfast Sausages
 - Hash Browns
 - Daily Swap Outs**
 - Chicken Nuggets or
 - Chicken Caesar Salad Wrap

17

- Cheeseburger on a **Bun**
- Crinkle Cut Fries
- Golden Corn
- Daily Swap Outs**
- Mozzarella Sticks or
- Crispy Chicken Salad

18

- Hollywood Pizza 🍷
- Freshly Prepared Italian House Salad
- Daily Swap Outs**
- Chicken Nuggets or
- Freshly Prepared Garden Salad

21

- Crispy Chicken **BLT Sandwich**
- Local Pepper Dippers
- Daily Swap Outs**
- Chicken Nuggets or
- Freshly Prepared Chopped Salad

22

- Hot Dog on a Bun
- Garlic **Parmesan French Fries** 🍷
- Daily Swap Outs**
- Personal Pan Pizza or
- Freshly Prepared Caesar Salad

23

- Chicken **Burrito Bowl**
- Rice & Beans
- Southwestern/Fiesta Corn
- Daily Swap Outs**
- Chicken Nuggets or
- Chicken Caesar Salad Wrap

24

- Meatball **Parm Hero**
- Freshly Prepared and Local Cucumber & Tomato Salad
- Daily Swap Outs**
- Mozzarella Sticks or
- Crispy Chicken Salad

25

- Gencarelli's Pizza 🍷
- Jersey Fresh Cucumber & Tomato Salad
- Daily Swap Outs**
- Chicken Nuggets or
- Freshly Prepared Garden Salad

28

- Creamy Mac & Cheese
- Broccoli Italiano
- Soft Pretzel Stick
- Daily Swap Outs**
- Chicken Nuggets or
- Freshly Prepared Chopped Salad

29

- ★ New Item
- Chicken and **Waffle Sandwich**
- Sweet Potato Waffle Fries
- Daily Swap Outs**
- Personal Pan Pizza or
- Freshly Prepared Caesar Salad

30

- Wing Wednesday**
- Plain, Buffalo or **Barbecue Wings**
 - Jersey Fresh Cucumber Coins
 - Jersey Fresh **Apple** 🍏
 - Daily Swap Outs**
 - Chicken Nuggets or
 - Chicken Caesar Salad Wrap

31

- Plain or **Spicy Popcorn Chicken Basket**
- Spooky 100% Juice Sorbet 🍷
- Daily Swap Outs**
- Mozzarella Sticks or
- Crispy Chicken Salad

Available **Daily Swap Outs**: Bagel Bag w/ Yogurt & Cheese, Yogurt and Fruit Parfait, Cereal Bag w/ Yogurt, Fruit and Cheese Platter

No Charging Allowed: After 3 non payments no lunch will be served! Two (2) snack limit. Snacks CANNOT be charged!

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled 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 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: fpsk6.nutrislice.com/menu/winston-s-churchill-school/lunch/

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