



OCTOBER

Mansfield Elementary Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

All Meals Served with the Vegetable of the Day, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice Where Available

- Bella's Pizza
- Freshly Prepared Maschio's House Salad
- Strawberry Lemonade Sorbet
- Milk Variety

4

- Chicken and Cheese Quesadilla
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

5

- Breakfast for Lunch!
- Bacon, Egg & Cheese Sandwich
 - Tater Tots
 - Assorted Fresh or Chilled Fruit
 - Milk Variety

6

- Pasta with Meat Sauce
- Garlic Breadstick
- Roasted Parmesan Broccoli
- Assorted Fresh or Chilled Fruit
- Milk Variety

7

- Popcorn Chicken
- Mashed Potatoes
- Steamed Corn
- Dinner Roll
- Assorted Fresh or Chilled Fruit
- Milk Variety

8

- Personal Pizza
- Freshly Prepared Cucumber & Tomato Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

11

School Closed For Students

12

- All Natural Beef Hot Dog on a Bun
- Curly Fries
- Strawberry Lemonade Sorbet
- Milk Variety

13

- Chicken Tender Basket with Potato Wedges & Dinner Roll
- Assorted Fresh or Chilled Fruit
- Milk Variety

14

- Grilled Cheese Sandwich
- Tomato Soup
- Fresh Veggie Dippers
- Assorted Fresh or Chilled Fruit
- Milk Variety

15

- NY Style Pizza
- Freshly Prepared Garden Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

18

- Hamburger on a Bun
- Tater Tots
- Assorted Fresh or Chilled Fruit
- Milk Variety

19

- Crispy Chicken on a Roll
- Creamy Coleslaw
 - Assorted Fresh or Chilled Fruit
 - Milk Variety

20



- Waffles
- Breakfast Sausage
- Hash Browns
- Assorted Fresh or Chilled Fruit
- Milk Variety

21

- Pasta with Meatballs
- Broccoli Italiano
- Dinner Roll
- Assorted Fresh or Chilled Fruit
- Milk Variety

22

- Pizza Bagels
- Cucumber Coins
- Assorted Fresh or Chilled Fruit
- Milk Variety

25

- Chicken Nuggets
- Soft Pretzel Sticks
- Maple Cinnamon Carrots
- Assorted Fresh or Chilled Fruit
- Milk Variety

26

- Grilled Ham & Cheese Melt on a Pretzel Bun
- Seasoned French Fries
- Tomato Soup
- Assorted Fresh or Chilled Fruit
- Milk Variety

27

- Breakfast for Lunch!
New Recipe!
- Sausage, Egg, & Cheese on a Kaiser Roll
 - Tater Tots
 - Assorted Fresh or Chilled Fruit
 - Milk Variety

28

- Beef Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
- Steamed Rice
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

29

- Bella's Pizza
- Freshly Prepared Spring Mix Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

*Menu is Subject to Change

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. Please note Maschio's Nutrilisce carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrates 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.



QUESTIONS OR COMMENTS?
Please call us at (973) 598-0095 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!