



January 2020

Valley Road Elementary
Lunch

Lunch Prices Student Lunch: \$2.90 Reduced Lunch: \$0.40 Adult Lunch: \$4.76

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

1



2

- Creamy Mac & Cheese with Soft Pretzel Stick 🍷
- Peas

3

- Twisted Cheesy Breadsticks with Marinara Sauce
- Roasted Parmesan Broccoli 🍷



6

- Popcorn Chicken
- Mashed Potato Bowl with Corn, Shredded Cheddar Cheese, and Gravy
- Dinner Roll

7

- Breakfast for Lunch
- Pancakes 🍷
- Warm Berry Compote
- Breakfast Sausage
- Hash Browns

8

- Meatball Parm Hero
- Maple Cinnamon Carrots

9

- Mini Chicken Tacos with Shredded Lettuce, Tomatoes, and Salsa Ranch
- Sweet Plantains
- Fiesta Rice & Beans

10

- Personal Pan Pizza 🍷
- Spring Mix Salad



13

- Meatless Monday
- Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce
- Italian Green Beans

14

- Breakfast for Lunch
- Mini Maple Waffles 🍷
- Breakfast Sausages
- Hash Brown Rounds

15

- Scoop A Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes and Salsa
- Southwestern/Fiesta Corn
- Fiesta Rice & Beans

16

- Hot Dog Sliders 🍷
- BBQ Baked Beans
- Country Slaw

17

- Domino's Pizza 🍷
- Freshly Prepared Italian House Salad

20



21

- Breakfast for Lunch
- Cinnamon French Toast Sticks
- Breakfast Sausages
- Tater Tots

22

- Crispy Chicken on a Biscuit
- Green Beans

23

- Hamburger on a Bun or Cheeseburger on a Bun with Pickle Chips 🍷
- Crispy Ranch Fries 🍷

24

- Pizza Bagels 🍷
- Freshly Prepared Caesar Salad

27

- Meatless Monday
- Grilled Cheese Sticks
- Tomato Soup 🍷
- Veggie Dippers

28

- Breakfast for Lunch
- Confetti Pancakes 🍷
- Breakfast Sausages
- Emoji Fries 🍷

29

- Pasta with Meat Sauce
- Garlic Breadstick 🍷
- Mixed Vegetables

30

- Beef Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa 🍷
- Steamed Rice
- Black Bean and Corn Salad

31

- French Bread Pizza 🍷
- Freshly Prepared Garden Salad

Maschio's Swap-Outs Available Daily: Cheese Pizza, Chicken Nuggets, Crispy Chicken Salad, Cereal Bag, PBJ Jamwich Meal w/ Pretzels

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-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!

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: clarkpublicsd.nutrislice.com/menu/valley-road-elementary/lunch/

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