



# February 2020

Valley Road Elementary  
Lunch

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

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>New Recipe!</b> <ul style="list-style-type: none"> <li>• Super Bowl Sampler Basket with Chicken Crunchers, Soft Pretzel Stick and Tater Tots</li> <li>• Baby Carrots</li> </ul>	<b>Breakfast for Lunch</b> <ul style="list-style-type: none"> <li>• Waffles 🍷</li> <li>• Breakfast Sausages</li> <li>• Hash Browns</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Mac &amp; Cheese</li> <li>• Mini Cornbread Loaf</li> <li>• Sauteed Broccoli 🍷</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger on a Bun or Cheeseburger on a Bun 🍷</li> <li>• French Fries 🍷</li> </ul>	<ul style="list-style-type: none"> <li>• Bella's Pizza 🍷</li> <li>• Freshly Prepared Italian House Salad</li> </ul>

<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Meatless Monday New Item!</b> <ul style="list-style-type: none"> <li>• Vegetable Empanada with Queso 🍷</li> <li>• Fiesta Rice &amp; Beans</li> </ul>	<b>Breakfast for Lunch</b> <ul style="list-style-type: none"> <li>• Cinnamon French Toast Sticks</li> <li>• Breakfast Sausages</li> <li>• Emoji Fries 😊</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with Meatballs 🍷</li> <li>• Garlic Breadstick</li> <li>• Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Corn Dog Nuggets</li> <li>• Sweet Potato Waffle Fries</li> </ul>	

<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
 Presidents Day - No School	<b>Breakfast for Lunch</b> <ul style="list-style-type: none"> <li>• Mini Maple Pancakes 🍷</li> <li>• Breakfast Sausages</li> <li>• Hash Browns</li> </ul>	<ul style="list-style-type: none"> <li>• Cheesesteak Hero</li> <li>• Green Beans</li> <li>• Maschio's Lemon/Cherry Frozen Sorbet</li> </ul>	<ul style="list-style-type: none"> <li>• All-Natural Beef Hot Dog on a Bun 🍷</li> <li>• BBQ Baked Beans</li> <li>• Creamy Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Domino's Pizza 🍷</li> <li>• Italian House Salad with Dressing</li> </ul>

<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Tortilla Chip Day</b> <ul style="list-style-type: none"> <li>• Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato and Salsa</li> <li>• Southwestern/Fiesta Corn</li> </ul>	<b>Breakfast for Lunch</b> <ul style="list-style-type: none"> <li>• Mini Maple Waffles 🍷</li> <li>• Breakfast Sausages</li> <li>• Maple Cinnamon Sweet Potato Fries</li> </ul>	 <ul style="list-style-type: none"> <li>• Cheese Lasagna Rollup with Marinara Sauce</li> <li>• Garlic Bread</li> <li>• Broccoli Italiano</li> </ul>	<b>New Recipe!</b> <ul style="list-style-type: none"> <li>• Turkey BLT on a Croissant</li> <li>• Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• French Bread Pizza 🍷</li> <li>• Freshly Prepared Garden Salad</li> </ul>

**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](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.

More Details: [clarkpublicsd.nutrislice.com/menu/valley-road-elementary/lunch/](http://clarkpublicsd.nutrislice.com/menu/valley-road-elementary/lunch/)  
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