

# November 2018

## Valley Road Elementary Lunch

Lunch Prices Student Lunch: \$2.85 Reduced Lunch: \$0.40 Adult Lunch: \$4.60

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			<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>	<ul style="list-style-type: none"> <li>Domino's Day!!</li> <li>Domino's Pizza</li> <li>Freshly Prepared Spring Mix Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<ul style="list-style-type: none"> <li>Chicken Fries</li> <li>Peas &amp; Carrots</li> <li>Dinner Roll</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	Election Day - School Closed	<ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> <li>Tomato Soup</li> <li>Pepper Dippers</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	NJEA Convention - School Closed	NJEA Convention - School Closed
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li>Turkey Corn Dog Nuggets</li> <li>Emoji Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Breakfast Sausages</li> <li>Tater Tots</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	Half Day-No Lunch Served	<ul style="list-style-type: none"> <li>Thanksgiving Feast</li> <li>Roasted Turkey with Gravy</li> <li>Mashed Potatoes</li> <li>Green Beans</li> <li>Pumpkin Swirl Roll</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<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>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>LUCKY TRAY DAY!</p> <ul style="list-style-type: none"> <li>Popcorn Chicken</li> <li>Dinner Roll</li> <li>Veggie Dippers</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Breakfast Sausages</li> <li>Hash Brown Rounds</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	Half Day - No Lunch Served	Thanksgiving - No School	No School
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<ul style="list-style-type: none"> <li>Chicken Tenders</li> <li>Dinner Roll</li> <li>Golden Corn</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<p>Breakfast for Lunch!</p> <ul style="list-style-type: none"> <li>Mini Maple Waffles</li> <li>Breakfast Sausages</li> <li>Tater Tots</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Mac &amp; Cheese</li> <li>Soft Pretzel Stick</li> <li>Steamed Broccoli</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Hamburger on a Bun or</li> <li>Cheeseburger on a Bun</li> <li>Crinkle Cut French Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Personal Pan Pizza</li> <li>Freshly Prepared Spring Mix Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>

Maschio's Swap-Outs Available Daily: Cheese Pizza, Chicken Nuggets, Crispy Chicken Salad, Bagel Bag, Peanut Butter & Jelly Jamwich, Cereal Bag

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-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/)  
 Layout, design & code © Nutrislice, Inc. Private and non-commercial uses permitted.  
 This Institution is an equal opportunity provider.

