



junio 2022

Lowell Elementary

Lunch

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

1

Swap Out

- Sandwich SunButter y Jelly



- Mini Waffles de de arce
- Salchichas de desayuno
- Cubos de camote de canela de arce

2

Swap Out

- Bagel Bag con Yogur y Queso
- Hamburguesa de queso en un bollo con Pickle Chips
- Cuerda de zapatos patatas fritas

3

Swap Out

- Sándwich de Jamón de Pavo y Queso



- Pizza de Queso
- Ensalada de pepino y tomate recién preparada

6

Swap Out

- Sándwich de Bolonia y Queso
- Pollo de palomitas de maíz
- Rollo de cena
- Frijoles verdes salteados

7

Swap Out

- Bagel Bag con Yogur y Queso
- Mini Pavo Corn Dog Nuggets
- Zanahorias acristaladas de naranja

8

Swap Out

- Sandwich SunButter y Jelly
- Mac cremoso & queso
- Rollo de cena
- Dippers de brócoli

9

Swap Out

- Bagel Bag con Yogur y Queso
- Sandwich de Pollo Crujiente
- Fritas espirales

10

Swap Out

- Sándwich de Jamón de Pavo y Queso



- Pizza de Queso
- Ensalada de mezcla de primavera recién preparada

13

Swap Out

- Sándwich de Bolonia y Queso



- Palitos de Mozzarella
- Salsa Marinara
- Brócoli de parmesano asado

14



15



16



17



20

21

22

23

24

27

28

29

30



*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 Nutrislice 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) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!

Lunch Served with Choice of: Fresh Fruit, Assorted Chilled Fruit, 100% Fruit Juice, 1% White Milk, Fat Free Chocolate Milk

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