



## December 2022

Lowell Elementary

Lunch


















**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			<b>Swap Out</b> <ul style="list-style-type: none"> <li>Muffin &amp; Yogurt Meal</li> <li>All Natural Beef Hot Dog on a Bun</li> <li>BBQ Baked Beans</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>  <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Freshly Prepared Garden Salad</li> </ul>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Turkey Ham &amp; Cheese Sandwich</li> </ul>  <ul style="list-style-type: none"> <li>Chicken Fries</li> <li>Soft Pretzel Stick</li> <li>Crinkle Cut French Fries</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>SunButter and Jelly Sandwich</li> </ul>  <ul style="list-style-type: none"> <li>Egg, Sausage and Cheese on a Croissant</li> <li>Hash Browns</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Cereal Bag with Yogurt</li> <li>Twisted Cheesy Breadsticks with Marinara Sauce</li> <li>Italian Green Beans</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Chicken Caesar Salad</li> </ul>  <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Freshly Prepared Caesar Salad</li> </ul>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Swap Out</b> <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>  <ul style="list-style-type: none"> <li>Creamy Mac &amp; Cheese</li> <li>Dinner Roll</li> <li>Peas &amp; Carrots</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Turkey Ham &amp; Cheese Sandwich</li> </ul>  <ul style="list-style-type: none"> <li>Chicken and Waffle Sandwich</li> <li>Breakfast Potatoes</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>SunButter and Jelly Sandwich</li> <li>Meatball Parm Sub</li> <li>Italian Green Beans</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Muffin &amp; Yogurt Meal</li> <li>Grilled Cheese Sandwich</li> <li>Tomato Soup</li> <li>Mixed Vegetables</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>  <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Freshly Prepared Cucumber &amp; Tomato Salad</li> </ul>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Swap Out</b> <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> <li>Bacon Cheddar Burger on a Bun</li> <li>Crinkle Cut French Fries</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Turkey Ham &amp; Cheese Sandwich</li> </ul>  <ul style="list-style-type: none"> <li>Beef Tacos with Shredded Cheddar Cheese, Lettuce and Tomatoes</li> <li>Fiesta Rice &amp; Beans</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>SunButter and Jelly Sandwich</li> </ul>  <ul style="list-style-type: none"> <li>Buttermilk Pancakes</li> <li>Egg Patty</li> <li>Hash Browns</li> <li>Whole Grain Sugar Cookie</li> </ul>	<b>Swap Out</b> <ul style="list-style-type: none"> <li>Cereal Bag with Yogurt</li> </ul>  <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Freshly Prepared Caesar Salad</li> </ul>	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
 <p>Holiday Recess</p>	 <p>Holiday Recess</p>	 <p>Holiday Recess</p>	 <p>Holiday Recess</p>	 <p>Holiday Recess</p>

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**\*Menu is Subject to Change**

**Lunch Served with Choice of:** Fresh Fruit, Assorted Chilled Fruit, 100% Fruit Juice, Variety of Vegetables from our Harvest Market , 1% White Milk , Fat Free Chocolate Milk

 <p>Maschio's Food Services, Inc. <small>"MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER."</small></p>		<p><b>QUESTIONS OR COMMENTS?</b> Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.</p>	<p><b>FOLLOW US:</b> @MASCHIOFOOD</p> 	<p>Healthy meals grow <i>healthy kids!</i></p>
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