



May 2023

Lowell Elementary Lunch

MONDAY

1

Swap Out

- Turkey and Cheese Sandwich
- Cheeseburger on a Bun or
- All Natural Beef Hot Dog on a Bun
- Steamed Corn

TUESDAY

2

Swap Out

- Cereal Bag
- Buttermilk Pancakes or
- Egg and Cheese on a Bun
- Breakfast Potatoes

WEDNESDAY

3

Swap Out

- SunButter and Jelly Sandwich
- Chicken Fries or
- Creamy Mac & Cheese
- Chilled Peaches
- Steamed Peas
- Herb Breadstick

THURSDAY

4

Swap Out

- Turkey Ham & Cheese Sandwich
- Pasta with Meat Sauce or
- Grilled Cheese Sandwich
- Roasted Parmesan Broccoli
- Dinner Roll

FRIDAY

5

Swap Out

- Crispy Chicken Salad



- Cheese Pizza
- Freshly Prepared Caesar Salad

8

Swap Out

- Bologna & Cheese Sandwich
- Cheese Quesadilla or
- Jamaican Beef Patty
- Sweet Plantains

9

Swap Out

- Yogurt & Fruit Bento Box
- Popcorn Chicken or
- Grilled Cheese Sandwich
- Italian Green Beans
- Soft Pretzel Stick

10

Swap Out

- SunButter and Jelly Sandwich
- Emoji Waffles
- Breakfast Sausages or
- Bacon, Egg and Cheese on a Bun
- Breakfast Potatoes

11

Swap Out

- Muffin & Yogurt Meal
- Crispy Chicken Sandwich or
- Cheeseburger on a Bun
- Sweet Potato Fries

12

Swap Out

- Chicken Caesar Salad



- Cheese Pizza
- Roasted Garlic Green Beans

15

Swap Out

- Turkey and Cheese Sandwich
- Boneless Wings with BBQ Sauce or
- Pizza Crunchers
- Crinkle Cut French Fries

16

Swap Out

- Cereal Bag
- Grilled Cheese Sandwich or
- Egg and Cheese on a Bun
- Breakfast Potatoes

17

Swap Out

- SunButter and Jelly Sandwich
- Chicken Parm Hero or
- French Bread Pizza
- Italian Green Beans

18

Swap Out

- Turkey Ham & Cheese Sandwich
- Cheeseburger on a Bun or
- All Natural Beef Hot Dog on a Bun
- BBQ Baked Beans

19

Swap Out

- Crispy Chicken Salad



- Cheese Pizza
- Maschio's House Salad

22

Swap Out

- Bologna & Cheese Sandwich
- Creamy Mac & Cheese or
- Popcorn Chicken
- Herb Breadstick
- Sautéed Broccoli

23

Swap Out

- Yogurt & Fruit Bento Box
- Meatball Parm Sub or
- Mozzarella Sticks with Marinara Sauce
- Steamed Peas

24

Swap Out

- SunButter and Jelly Sandwich



- French Toast Sticks
- Breakfast Sausage or
- Egg, Sausage and Cheese on a Croissant
- Breakfast Potatoes

25

Swap Out

- Muffin & Yogurt Meal
- Chicken Nuggets or
- Cheeseburger on a Bun
- Dinner Roll
- Steamed Corn

26



29



30

Swap Out

- Cereal Bag
- Crispy Chicken Sandwich
- or
- All Natural Beef Hot Dog on a Bun
- Sweet Potato Fries

31

Swap Out

- SunButter and Jelly Sandwich
- Beef Taco Scoop-A-Bowl
- or
- Cheese Quesadilla
- Fiesta Rice & Beans
- Fiesta Corn

***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




QUESTIONS OR COMMENTS?
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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healthy kids!

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