













September 2022

Lowell Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No School	2 No School
5  Labor Day	6 No School	7 Swap Out • SunButter and Jelly Sandwich • Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce • Italian Green Beans	8 Swap Out • Muffin & Yogurt Meal • Rodeo Burger on a Bun • Spiral Fries	9 Swap Out • Turkey and Cheese Sandwich  • Cheese Pizza • Maschio's House Salad
12 Swap Out • Bagel Bag with Yogurt and Cheese  • Grilled Cheese Sandwich • Tomato Soup • Goldfish Crackers • Fresh Veggie Dippers	13 Swap Out • Turkey Ham & Cheese Sandwich  • BBQ Chicken Cheddar Melt • Seasoned Sweet Potato Waffle Fries • Country Coleslaw • Strawberry Lemonade Sorbet	14 Swap Out • SunButter and Jelly Sandwich  • Emoji Waffles • Mixed Berry Compote • Breakfast Sausages • Hash Browns	15 Swap Out • Cereal Bag with Yogurt • Crispy Chicken Sandwich • BBQ Baked Beans • Corn on the Cob	16 Swap Out • Chicken Caesar Salad  • Cheese Pizza • Freshly Prepared Caesar Salad
19 Swap Out • Bagel Bag with Yogurt and Cheese  • Creamy Mac & Cheese • Herb Breadstick • Sautéed Broccoli	20 Swap Out • Turkey Ham & Cheese Sandwich  • Chicken Tenders with Dipping Sauce • Soft Pretzel Stick • Ranch Fries	21 Swap Out • SunButter and Jelly Sandwich • Pizza Crunchers with Marinara Sauce • Fresh Veggie Dippers	22 	23 Swap Out • Turkey and Cheese Sandwich  • Cheese Pizza • Freshly Prepared Garden Salad
26  Rosh Hashanah	27  Rosh Hashanah	28 Swap Out • SunButter and Jelly Sandwich  • Egg, Sausage and Cheese on a Croissant • Hash Browns	29 Swap Out • Cereal Bag with Yogurt • Pasta with Meat Sauce • Garlic Breadstick • Freshly Prepared Spring Mix Salad	30 Swap Out • Chicken Caesar Salad  • Cheese Pizza • Freshly Prepared Garden Salad

*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 meals grow
healthy kids!

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