



## September 2023

Lowell Elementary  
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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				<b>NO SCHOOL</b> No School
4	5	6	7	8
 Labor Day	<b>NO SCHOOL</b> No School	<b>National Waffle Week</b> • Emoji Waffles with Breakfast Sausage or • Sausage, Egg, and Cheese on English Muffin • Hash Browns Swap Out • Sunbutter & Jelly Sandwich	• All Natural Beef Hot Dog on a Bun or • Cheeseburger on Bun • BBQ Baked Beans Swap Out • Muffin & Yogurt Meal	<b>Pizza Day</b> • NY Style Pizza • Freshly Prepared Caesar Salad Swap Out • Chicken Caesar Salad
11	12	13	14	15
• Creamy Mac and Cheese or Popcorn Chicken • Garlic Breadstick • Sautéed Broccoli Swap Out • Bagel Bag with Yogurt and Cheese	<b>Taco Tuesday</b> • Triple Turkey Tacos with Shredded Cheddar Cheese, Lettuce, Tomato & Salsa or Black Bean & Cheese Empanada • Local Street Corn • Cinnamon Churro Swap Out • Cereal Bag	• Meatball Parm Sub or Mozzarella Sticks • Fresh Veggie Dippers Swap Out • Sunbutter & Jelly Sandwich	• Chicken Burrito Bowl or Jamaican Beef Patty • Sweet Plantains Swap Out • Turkey Ham & Cheese Sandwich	 Rosh Hashanah
18	19	20	21	22
<b>National Cheeseburger Day</b> • Hamburger on a Bun or Cheeseburger on Bun or Crispy Chicken Sandwich • Sweet Potato Fries Swap Out • Bagel Bag with Yogurt and Cheese	• Loaded Tot-Chos or Chicken Fries • Mini Cornbread Loaf Swap Out • Yogurt and Fruit Bento Box	• Grilled Cheese Sandwich or Breaded Mini Cheese Ravioli • Freshly Prepared Spring Mix Salad Swap Out • Sunbutter & Jelly Sandwich	<b>Breakfast for Lunch</b> • Egg, Sausage and Cheese on a Croissant or Gravy & Cheese or Buttermilk Pancakes with Breakfast Sausage • Seasoned Potato Wedges Swap Out • Muffin & Yogurt Meal	<b>Pizza Day</b> • NY Style Pizza • Freshly Prepared Cucumber and Tomato Salad Swap Out • Chicken Caesar Salad
25	26	27	28	29
 Yom Kippur	• Grilled Cheese Sticks or Crispy Chicken Sandwich • Tomato Soup • Local Cucumber Coins  Swap Out • Cereal Bag	• All Natural Beef Hot Dog on a Bun or Creamy Mac and Cheese with Herb Breadstick • Sautéed Broccoli Swap Out • Sunbutter & Jelly Sandwich	• Popcorn Chicken Mashed Potato Bowl with Corn, Gravy & Cheese or Cheeseburger on Bun with Tater Tots • Warm Biscuit • Local Fresh Apple  Swap Out • Turkey Ham & Cheese Sandwich	<b>National Vegetarian Day</b> • NY Style Pizza <b>New Recipe</b> • Local Rainbow Chopped Salad  Swap Out • Crispy Chicken Salad

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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 , Fat Free White 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>  </p>	<p>Healthy meals grow <i>healthy kids!</i></p>
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