

February 2019

Thomas B. Conley Elementary

Lunch Price List Student Lunch: \$2.90 Reduced Student Lunch: \$0.40 Adult Lunch: \$3.50

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Rosata's Pizza • Freshly Prepared Garden Salad • Assorted Fresh or Chilled Fruit • Milk Variety
4 • Ham and Cheese Melt on a Pretzel Bun • Fresh Veggie Dippers • Assorted Fresh or Chilled Fruit • Milk Variety	5 • Chinese New Year • Sweet & Sour Chicken and Rice • Stir-Fry Vegetables • Assorted Fresh or Chilled Fruit • Milk Variety	6 • Pancakes • Breakfast Sausage • Tater Tots • Assorted Fresh or Chilled Fruit • Milk Variety	7 • Bacon Burger on a Bun • Crinkle Cut French Fries • Assorted Fresh or Chilled Fruit • Milk Variety	8 Rosata's Pizza • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
11 • All-Natural Beef Hot Dog on a Bun • Battered French Fries • Assorted Fresh or Chilled Fruit • Milk Variety	12 • Chicken and Cheese Quesadilla with Salsa • Steamed Broccoli • Assorted Fresh or Chilled Fruit • Milk Variety	13 • Pancakes • Breakfast Sausage • Assorted Fresh or Chilled Fruit • Milk Variety	14 • Popcorn Chicken • Soft Pretzel Stick • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety	15 School Closed
18 Presidents Day - No School	19 • Chicken Nuggets • Soft Pretzel Sticks • Tater Tots • Assorted Fresh or Chilled Fruit • Milk Variety	20 New Item! • Italian Sampler with Breaded Ravioli and Mozzarella Sticks with Marinara Sauce • Veggie Dippers • Assorted Fresh or Chilled Fruit • Milk Variety	21 Breakfast for Lunch • Waffles • Breakfast Sausages • Sweet Potato Waffle Fries • Assorted Fresh or Chilled Fruit • Milk Variety	22 Rosata's Pizza • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
25 Meatless Monday • Grilled Cheese Sticks • Tomato Soup • Assorted Fresh or Chilled Fruit • Milk Variety	26 • Hamburger on a Bun or Cheeseburger on a Bun • Confetti Fries • Assorted Fresh or Chilled Fruit • Milk Variety	27 New Item! • Mac & Cheese • Cornbread Muffin • Green Beans • Assorted Fresh or Chilled Fruit • Milk Variety	28 • Chicken Fries • Buttered Noodles • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety	

Maschios Daily Swap Outs: Personal Pizza , Bagel Meal , Cereal Meal , Cheeseburger on a Bun, Muffin Meal

All Meals Served All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice.

Nutrition Info K-5 Our well-balanced lunches available for the week, average between 550-650 calories with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate 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.

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