





October 2019

Alpha Public
Lunch

Lunch Prices Student Lunch: \$3.00 Reduced Lunch: \$0.40 Adult Lunch: \$3.50

Breakfast Prices Student Breakfast: \$1.25 Reduced Breakfast: \$0.30 Adult Breakfast: \$1.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<ul style="list-style-type: none"> Italian Sampler with Breaded Ravioli, Mozzarella Sticks & Marinara Sauce Freshly Prepared Italian House Salad 	<ul style="list-style-type: none"> Pasta with Meatballs 🍝 Warm Breadstick Sauteed Spinach 	<ul style="list-style-type: none"> Hamburger on a Bun or Cheeseburger on a Bun Emoji Fries 	<ul style="list-style-type: none"> Domino's Pizza 🍕 Freshly Prepared Caesar Salad
7	8	9	10	11
<ul style="list-style-type: none"> Meatless Monday Cheese Quesadilla with Salsa Seasoned Rice & Beans Southwestern/Fiesta Corn 	<ul style="list-style-type: none"> Boneless Chicken Wing Basket with BBQ Sauce French Fries 	<ul style="list-style-type: none"> Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Freshly Prepared Garden Salad 	<ul style="list-style-type: none"> Grilled Ham & Cheese Melt on a Pretzel Bun Seasoned Spiral Fries 	<ul style="list-style-type: none"> Domino's Pizza 🍕 Cherries Italian House Salad
14	15	16	17	18
 <p>Early Dismissal No Lunch Served</p>	<ul style="list-style-type: none"> All-Natural Beef Hot Dog on a Bun Crinkle Cut French Fries 🍟 	<ul style="list-style-type: none"> Chicken Nuggets Warm Garlic Breadstick Local Cucumber Coins 	<ul style="list-style-type: none"> ☀️ New Item Tot-chos with Tater Tots, Taco Meat, Queso, Peppers, and Scallions Warm Soft Pretzel Sticks Local Pepper Dippers 	<ul style="list-style-type: none"> Domino's Pizza 🍕 Freshly Prepared Spring Mix Salad
21	22	23	24	25
<ul style="list-style-type: none"> Breaded Chicken Patty on a Bun Sweet Potato Waffle Fries 	<ul style="list-style-type: none"> Breakfast for Lunch 🍳🍞 Warm French Toast Sticks Breakfast Sausage Hash Browns 	<ul style="list-style-type: none"> Creamy Mac & Cheese Oven Baked Mini Corn Bread Loaf Sauteed Broccoli 	<ul style="list-style-type: none"> Meatball Parm Hero Freshly Prepared, Local Cucumber & Tomato Salad 	<ul style="list-style-type: none"> ☀️ New Item Pizzaboli Freshly Prepared Freshly Prepared Caesar Salad
28	29	30	31	
<ul style="list-style-type: none"> Meatless Monday Grilled Cheese Sandwich Warm Tomato Soup Local Veggie Dippers 	<ul style="list-style-type: none"> Popcorn Chicken Dippers Crinkle Cut French Fries 100% Juice Sorbet 🍷 	<ul style="list-style-type: none"> Domino's Pizza Fresh Caesar Salad 	 <p>Early Dismissal No Lunch Served</p>	

Maschio's Daily Swap Outs: Cheeseburger on a Bun, Freshly Prepared Garden Salad with Chicken & Roll , All Natural Beef Hot Dog on a Bun

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice.

Nutrition Info K-8 Our well-balanced lunches available for the week, average between 600-650 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.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

More Details: apsedu.nutrislice.com/menu/alpha-public/lunch/

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