

October 2022

Copper Hill Elementary School

Lunch

MONDAY

3

- Crispy Chicken Sandwich
- Fresh Veggie Dippers
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- Freshly Prepared Garden Salad

TUESDAY

4

- Cheeseburger on a Bun
- Spiral Fries
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Muffin & Yogurt Meal
- Organic
- Freshly Prepared Garden Salad

WEDNESDAY

5

School Closed

THURSDAY

6

- Popcorn Chicken
- Dinner Roll
- Sauteed Carrots
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Muffin & Yogurt Meal
- Organic:
- Freshly Prepared Garden Salad

FRIDAY

7

- Domino's Pizza
- Freshly Prepared Spring Mix Salad
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- Freshly Prepared Garden Salad

10

- Twisted Cheesy Breadsticks with Marinara Sauce
- Fiesta Corn
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- Freshly Prepared Garden Salad

11

- Chicken Nuggets
- Soft Pretzel Stick
- Seasoned Sweet Potato Waffle
- Fries
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Muffin & Yogurt Meal
- Organic
- Freshly Prepared Garden Salad

12

- French Toast Bites
- Breakfast Sausages
- Hash Browns
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cereal Bag with Yogurt
- Organic:
- Freshly Prepared Garden Salad

13

- All Natural Beef Hot Dog on a Bun
- BBQ Baked Beans
- Corn on the Cob
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Muffin & Yogurt Meal
- Organic:
- Freshly Prepared Garden Salad

14

- Mini Pizza Bagels
- Freshly Prepared Garden Salad
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- Freshly Prepared Garden Salad

17

- Creamy Mac & Cheese
- Herb Breadstick
- Steamed Corn
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- Freshly Prepared Garden Salad

18

- Chicken Tenders
- Soft Pretzel Stick
- Ranch Fries
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Muffin & Yogurt Meal
- Organic
- Freshly Prepared Garden Salad

19

- Confetti Pancakes
- Breakfast Sausages
- Hash Browns
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cereal Bag with Yogurt
- Organic:
- Freshly Prepared Garden Salad

20

- Sweet and Sour Popcorn
- Chicken
- Steamed Rice
- Stir-Fry Vegetables
- Vegetable Egg Roll
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Muffin & Yogurt Meal
- Organic:
- Freshly Prepared Garden Salad

21

- Domino's Pizza
- Freshly Prepared Spring Mix Salad
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- Freshly Prepared Garden Salad

24

- Cheeseburger on a Bun
- Sweet Potato Fries
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- Freshly Prepared Garden Salad

25

- Pasta with Meatballs
- Vegetable Medley
- Garlic Bread
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Muffin & Yogurt Meal
- Organic
- Freshly Prepared Garden Salad

26

- Chicken Fries
- Soft Pretzel Stick
- Shoestring Fries
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cereal Bag with Yogurt
- Organic:
- Freshly Prepared Garden Salad

27

- Egg, Sausage and Cheese on a Croissant
- Hash Browns
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Muffin & Yogurt Meal
- Organic:
- Freshly Prepared Garden Salad

28

- Bella's Pizza
- Maschio's House Salad
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- Freshly Prepared Garden Salad

31

- Popcorn Chicken
- Mashed Potatoes
- Steamed Corn
- Pumpkin Pretzel
- Local Fresh Apple
- Maschio's Swap Outs
- Bagel Bag with Yogurt and Cheese
- Cheese & Fruit Bento Box
- Organic:
- 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