



Leonía High School

November 2017
Lunch Menu

Student Lunch **\$2.85** Reduced Lunch **\$0.40** Adult Lunch **\$3.35**

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

Fast & Fresh

NY Style or Personal Pan Pizza with a Variety of Toppings
Assorted Freshly Prepared Specialty Salad Meals

Great Grillers

- ◆ Hamburger or Cheeseburger on a Bun
- ◆ Crispy or Grilled Chicken Sandwich
- ◆ Philly Cheesesteak Sandwich

Deli Central

Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings Soup and sandwich

Harvest Market

Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Featured Daily

Our well-balanced lunches available for the week, average between **600-700 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Connect with us!   

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: (973) 598-0005

The Main Event

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Try to fill at least half your plate with fruits and vegetables!</p> 					
		1 Chicken Pasta Alfredo Warm Breadstick Broccoli Fresh or Chilled Fruit	2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce, & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	3 Meatball Parm Hero Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	
	6 New Recipe! Buffalo Chicken Dip Pretzel Bites Celery Sticks Fresh or Chilled Fruit	7 The MAC Burger with Thousand Island Dressing, American Cheese, and Pickle Slices Tater Tots Fresh or Chilled Fruit	8 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	9 NJEA Convention School Closed	10 NJEA Convention School Closed
	13 New Recipe! Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings Sweet Potato Fries Fresh or Chilled Fruit	14 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15 California Steak & Cheddar Melt Spiral Fries Fresh or Chilled Fruit	16 New Recipe! Thanksgiving Bowl with Roast Turkey, Gravy, Mashed Potatoes, Corn, & Cranberry Sauce Pumpkin Swirl Roll Fresh or Chilled Fruit	17 Breakfast for Lunch Sausage, Egg, & Cheese on a Croissant Bun Hash Browns Fresh or Chilled Fruit
	20 Chicken Parm with Pasta Marinara Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	21 Beef & Broccoli over Rice Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie	22 Half Day Buffalo Chicken Mac & Cheese Soft Pretzel Stick Peas & Carrots Fresh or Chilled Fruit	23 School Closed Happy Thanksgiving! 	
	27 Chicken Tenders with Dipping Sauces Dinner Roll Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	28 Breakfast for Lunch Bacon, Egg, & Cheese on an English Muffin Hash Browns Fresh or Chilled Fruit	29 Fiesta Chicken Nacho Platter Lettuce, Tomatoes, Cheese & Salsa Steamed Corn Fresh or Chilled Fruit	30 Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit Warm Pear Crisp	

MENU SUBJECT TO CHANGE

Prepaid Meals are available in the cafeteria or **payforit.net**: 10 for \$28.50 / 20 for \$57.00
Please Make Checks Payable To:
Leonía Board of Education

