

Leonia High School

January 2018
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

1 New Year's Day School Closed	2 Chicken Tenders Basket with Soft Pretzel Stick and Tater Tots Fresh or Chilled Fruit	3 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Oven Baked Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti Bar Choice of Meatballs & Marinara, Or Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet Fresh or Chilled Fruit	5 Twisted Cheesy Breadsticks with Marinara Sauce Pasta Marinara Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 New Recipe! Bacon, Chicken, and Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Sausage, Egg & Cheese on a Croissant Hash Browns Fresh or Chilled Fruit	11 National Milk Day Buffalo Chicken or Creamy Mac & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Beef & Vegetable Lo Mein Vegetable Egg Roll Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 New Recipe! Chicken Fajita Fries Soft Pretzel Sticks Black Bean & Corn Salad Fresh or Chilled Fruit	17 Pizza Burger on a Bun with Mozzarella Cheese & Marinara Sauce Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18 Hot Open-Faced Turkey Sandwich with Gravy Mashed Potatoes Green Beans Fresh or Chilled Fruit	19 Chicken Fried Rice Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie
22 Grilled Ham & Cheese Melt on a Pretzel Bun Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Grilled Chicken & Cheddar Cheese Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Korean Chicken Tacos Asian Slaw Fresh or Chilled Fruit	26 Sweet Chili Beef and Noodle Bowl with Green Beans Fresh or Chilled Fruit
29 New Recipe! Plain or Buffalo Chicken Cheesesteak Hero Spiral Fries Fresh or Chilled Fruit	30 Breakfast for Lunch Bacon, Egg, & Cheese Sandwich Maple Cinnamon Sweet Potato Tots Strawberry Applesauce Fresh or Chilled Fruit	31 Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit		

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:
Leonia Board of Education



"This institution is an equal opportunity provider"