

Anna C Scott School

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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

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

Maschio's Swap Outs

Monday: Turkey & Cheese Sandwich

Tuesday: Grilled Chicken Caesar Salad with Roll

Wednesday: Ham & Cheese Sandwich

Thursday: Italian Sub Sandwich

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Hummus Platter with Fruit & Pita

Bagel with Yogurt Bag

Fruit & Cheese Platter with Pita
Peanut Butter & Jelly Sandwich

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Try to fill at least half your plate with fruits and vegetables!</p>				
<p>1 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3 Pizza Sticks Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>
<p>8 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>9 NJEA Convention School Closed</p>	<p>10 NJEA Convention School Closed</p>	<p>13 Crispy Chicken Sandwich Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>14 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>
<p>15 All-Natural Beef Hot Dog on a Bun Country Slaw Spicy Black Bean Salad Fresh or Chilled Fruit</p>	<p>16 CHEF DAY! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Sautéed Mushrooms Fresh or Chilled Fruit</p>	<p>17 Assorted Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>	<p>20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p>21 Lucky Tray Day! Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit</p>
<p>22 Half Day No Lunch Served</p>	<p>23 School Closed</p>	<p>24 Happy Thanksgiving!</p>	<p>27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>
<p>29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 Philly Cheesesteak Hero French Fries Warm Pear Crisp</p>	<p></p>		

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!

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

Lunch Tickets are available in the cafeteria:
10 for 28.50/ 20 for \$57.00

**Please Make Checks Payable To:
Leonia Board of Education**

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"