



Leonia High School

September 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
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Assorted Freshly Prepared Specialty Salad Meals

**Great Grillers**

- ◆ Hamburger or Cheeseburger on a Bun
- ◆ Crispy 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](http://www.MaschioFood.com)

Or Call Maschio's Food Services at: (973) 598-0005

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

*We Hope You Enjoyed  
Your Summer Vacation!*

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| <i>We Hope You Enjoyed<br/>Your Summer Vacation!</i>                                                                                                      |                                                                                                                                                                                |                                                                                                                                                        |                                                                                                                                                   | 1<br><b>No School</b>                                                                                                                                           |
| 4<br><b>Labor Day</b><br><br><b>School Closed</b>                                                                                                         | 5<br><b>No School</b>                                                                                                                                                          | 6<br><b>No School</b>                                                                                                                                  | 7<br><b>Welcome Back!</b><br><b>Crispy Chicken BLT Sandwich</b><br>Freshly Prepared Tomato & Cucumber Salad with Fresh Basil<br>Watermelon Sorbet | 8<br><b>Mini Cheese Calzones with Marinara sauce</b><br>Freshly Prepared Garden Salad<br>Fresh or Chilled Fruit                                                 |
| 11<br><b>Spicy or Plain Chicken Tender Basket with Tater Tots and Soft Pretzel Stick</b><br>Fresh Veggie Dippers<br>Fresh or Chilled Fruit                | 12<br><b>Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa</b><br>Steamed Rice<br>Black Bean and Corn Salad<br>Fresh or Chilled Fruit | 13<br><b>Buffalo Chicken or Creamy Macaroni &amp; Cheese</b><br>Warm Breadstick<br>Steamed Broccoli<br>Fresh or Chilled Fruit                          | 14<br><b>Rodeo Burger on a Bun with BBQ Sauce &amp; Onion Rings</b><br>Battered French Fries<br>Fresh or Chilled Fruit                            | 15<br><b>Twisted Cheesy Breadsticks with Marinara Sauce</b><br>Pasta Marinara<br>Freshly Prepared Caesar Salad<br>Fresh or Chilled Fruit                        |
| 18<br><b>Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy</b><br>Dinner Roll<br>Fresh or Chilled Fruit                   | 19<br><b>Breakfast for Lunch</b><br><b>Sausage, Egg, &amp; Cheese on a Roll</b><br>Hash Browns<br>Fresh or Chilled Fruit                                                       | 20<br><b>Philly Cheesesteak Hero with Peppers &amp; Onions</b><br>Seasoned Potato Wedges<br>Strawberry Applesauce<br>Fresh or Chilled Fruit            | 21<br><b>School Closed</b>                                                                                                                        | 22<br><b>Chicken Parm Sandwich</b><br>Fresh Veggie Dippers<br>Fresh or Chilled Fruit                                                                            |
| 25<br><b>Grilled Balsamic Chicken Hero with Roasted Red Peppers &amp; Mozzarella Cheese</b><br>Freshly Prepared Garden Salad<br>Locally Grown Fresh Apple | 26<br><b>Pasta Alfredo with Locally Grown Roasted Vegetables</b><br>Warm Breadstick<br>Freshly Prepared Spring Mix Salad<br>Fresh or Chilled Fruit                             | 27<br><b>Top Your Own Hamburger on a Bun with Assorted Toppings</b><br>French Fries<br>Locally Grown Cucumber & Tomato Salad<br>Fresh or Chilled Fruit | 28<br><b>Herb Roasted Chicken</b><br>Dinner Roll<br>Mashed Potatoes with Gravy<br>Green Beans<br>Fresh or Chilled Fruit                           | 29<br><b>Mozzarella Sticks with Marinara Sauce</b><br>Dinner Roll<br>Freshly Prepared Italian House Salad with Locally Grown Tomatoes<br>Fresh or Chilled Fruit |



**Jersey Fresh Farm to School Week**

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"