

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

**NEW: \* Salad Bar with Choice of Lean Protein, Whole Grain Roll, and Assorted Fresh Vegetables Daily \***

## Great Grillers

- ◆ Hamburger or Cheeseburger on a Bun
- ◆ Crispy or Grilled Chicken Sandwich
- ◆ Philly Cheesesteak Sandwich
- ◆ **NEW: \*Grilled Chicken Wraps**

## 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
<p><b>Try to fill at least half your plate with fruits and vegetables!</b></p> 		<p><b>1 New Recipe!</b> <b>Buffalo Chicken Dip</b> Pretzel Bites Celery Sticks Fresh or Chilled Fruit</p>	<p><b>2 National Sandwich Day</b> <b>Turkey Club</b> with Turkey Bacon, Lettuce, &amp; Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p><b>3 Meatball Parm Hero</b> Three Bean Salad Fresh or Chilled Fruit</p>
<p><b>6 BBQ Chicken Cheddar Melt</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>7 Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Sweet Potato Chunks Fresh or Chilled Fruit</p>	<p><b>8 CHEF DAY!</b> <b>Korean Chicken Tacos</b> Diced Chicken, Sweet Chili Sauce, Teriyaki Sauce, in a whole grain Tortilla Asian Slaw Fresh or Chilled Fruit</p>	<p><b>9 NJEA Convention</b> <b>School Closed</b></p>	<p><b>10 NJEA Convention</b> <b>School Closed</b></p>
<p><b>13 New Recipe!</b> <b>Rodeo Chicken Sandwich with BBQ Sauce &amp; Onion Rings</b> Sweet Potato Chunks Fresh or Chilled Fruit</p>	<p><b>14 Taco Tuesday</b> <b>Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa</b> Steamed Rice, Corn Fresh or Chilled Fruit</p>	<p><b>15 Top Your Own All-Natural Beef Hot Dog on a Bun</b> Country Slaw Spicy Black Bean Salad Fresh or Chilled Fruit</p>	<p><b>16 NEW ITEM!</b> <b>Thanksgiving Feast</b> <b>Roast Turkey with Gravy</b> Pumpkin Swirl Roll Mashed Potatoes Sautéed Mushrooms Fresh or Chilled Fruit</p>	<p><b>17 Sausage, Egg &amp; Cheese on a Croissant Bun</b> Sweet Potato Chunks Fresh or Chilled Fruit</p>
<p><b>20 General Tso's Chicken</b> Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p><b>21 The MAC Burger</b> with Thousand Island Dressing, American Cheese, and Pickle Slices Tater Tots Fresh or Chilled Fruit</p>	<p><b>22 Half Day Assorted Pizza Day</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>23 School Closed</b> <b>Happy Thanksgiving!</b></p> 	<p><b>24</b></p>
<p><b>27 Herb Grilled Chicken with Gravy</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>28 Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p><b>29 Fiesta Chicken Nacho Platter</b> Lettuce, Tomatoes, Cheese &amp; Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p><b>30 Philly Cheesesteak Hero</b> with Peppers and Onions and Sautéed Mushrooms Seasoned Potato Wedges Warm Pear Crisp</p>	

MENU SUBJECT TO CHANGE

Prepaid Meals are available in the cafeteria or

  
Food Services, Inc.  
"This institution is an equal opportunity provider"