



Leonio Middle 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

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

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

We Hope You Enjoyed Your Summer Vacation!

				1	No School
4	Labor Day School Closed	5	No School	6	No School
				7	Welcome Back! Crispy Chicken BLT Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet
				8	Mini Cheese Calzones with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
11	Spicy or Plain Chicken Tender Basket with Tater Tots and Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	12	Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13	Buffalo Chicken or Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit
				14	Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit
				15	Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18	Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	19	Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20	Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Strawberry Applesauce
				21	School Closed
				22	Chicken Parm Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit
25	BBQ Chicken Sandwich Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26	Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Fresh Apple	27	Top Your Own Hamburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
				28	Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
				29	Mozzarella Sticks with Marinara Sauce Dinner Roll Freshly Prepared Italian House Salad with Locally Grown Tomatoes 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:
Leonio Board of Education



"This institution is an equal opportunity provider"