

# Leonia Middle 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  
**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
1 <b>New Year's Day</b> <b>School Closed</b>	2 <b>Chicken Tenders Basket</b> with <b>Soft Pretzel Stick and Tater Tots</b> Fresh or Chilled Fruit	3 <b>Rodeo Burger on a Bun</b> with <b>BBQ Sauce &amp; Onion Rings</b> Oven Baked Fries Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 <b>Twisted Cheesy Breadsticks</b> with <b>Marinara Sauce</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 <b>Meatball Parm Hero</b> Fresh Veggie Dippers Fresh or Chilled Fruit	9 <b>New Recipe! Bacon, Chicken, and Cheese Quesadilla</b> with <b>Shredded Lettuce, Diced Tomatoes, &amp; Salsa</b> Southwestern Corn Fresh or Chilled Fruit	10 <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>National Milk Day Buffalo Chicken or Creamy Mac &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 <b>New Recipe! Create Your Own Pizza Bagel</b> <b>Assorted Toppings</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 <b>Martin Luther King Jr. Day</b> <b>School Closed</b>	16 <b>New Recipe! Recipe For Success Contest Winner Vincent's Chicken Fajita Fries</b> Soft Pretzel Sticks Black Bean & Corn Salad Fresh or Chilled Fruit	17 <b>Top Your Own All-Natural Beef Hot Dog on a Bun</b> <b>Assorted Toppings</b> Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18 <b>Chicken Fried Rice</b> Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie	19 <b>New Item! Rich's Pizza Crunchers</b> with <b>Marinara Sauce</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 <b>Meatless Monday Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 <b>Taco Tuesday Tacos</b> with <b>Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	24 <b>Winter Picnic BBQ Chicken Sandwich</b> Country Slaw Baked Beans Fresh or Chilled Fruit	25 <b>California Burger on a Bun</b> Seasoned Potato Wedges Fresh or Chilled Fruit	26 <b>Sweet Chili Beef and Noodle Bowl</b> with <b>Green Beans</b> Fresh or Chilled Fruit
29 <b>New Recipe! Plain or Buffalo Chicken Cheesesteak Hero</b> Spiral Fries Fresh or Chilled Fruit	30 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 <b>New Recipe! Pasta Alfredo</b> with <b>Chicken and Broccoli</b> 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"