

Leonia High School

December 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
Assorted Freshly Prepared Specialty Salad Meals

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

 <h2 style="color: blue;">HAPPY HOLIDAYS</h2>				
1 The MAC Burger on a Bun with Thousand Island Dressing, American Cheese, Pickle Slices, and Lettuce Sweet Potato Fries Fresh Veggie Dippers Fresh or Chilled Fruit				
4 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh Apple	5 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Chicken Alfredo Pasta Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Cheese Sandwich with Bacon Tomato Soup Vegetable Dippers Fresh or Chilled Fruit	8 New Recipe! Sweet Chili Beef and Noodle Bowl with Green Beans Fresh or Chilled Fruit
11 Crispy Chicken BLT on a Croissant Seasoned Potato Wedges Fresh or Chilled Fruit	12 Asian Chicken Wrap Asian Slaw Fresh or Chilled Fruit	13 Buffalo Chicken Mac & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	14 Philly Cheesesteak Hero with Peppers, Onions & Mushrooms Tater Tots Fresh or Chilled Fruit	15 Chicken & Cheese Quesadilla with Salsa & Sour Cream Spicy Black Bean Salad Fresh or Chilled Fruit
18 Plain or Buffalo Chicken Tender Basket with Tater Tots and Breadstick Fresh or Chilled Fruit	19 Pretzel Dog Seasoned Potato Wedges Fresh or Chilled Fruit	20 Holiday Meal Chicken Parm with Pasta Marinara Broccoli Italiano Fresh or Chilled Fruit Holiday Pretzel	21 First Day of Winter California Cheeseburger on a Bun Seasoned Potato Wedges Fresh or Chilled Fruit	22 Half Day Assorted Pizza Day Vegetable Medley Fresh or Chilled Fruit
25	26	27	28	29
<h2 style="color: blue;">Enjoy your Winter Break & Have a Happy New Year!</h2>				

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

