

Student Lunch **\$2.80** Reduced Lunch **\$0.40** Adult Lunch **\$4.60**

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

Monday

Tuesday

Wednesday

Thursday

Friday

Fast & Fresh Yogurt Parfaits, Vegetable & Fruit Cups, Hot Pretzels, Fresh Baked Cookies & more!

MEDITERRANEAN BISTRO NY Style or Personal Pan Pizza with a Variety of Toppings

Great Grillers Hamburger or Cheeseburger on a Bun
Crispy Chicken Sandwich
Spicy Buffalo Chicken Sandwich
Cheesesteak Hero
Chicken & Fries Basket

Deli Central Assorted Sandwiches:
Quality Deli Meats & Cheeses on Fresh Rolls, Breads, & Wraps.
Freshly Prepared Signature Salads

Harvest Market Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers
Featured Daily

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

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!



MENU SUBJECT TO CHANGE

Questions or Concerns?

Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 732-381-1307

