

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

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

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!



The Main Event

Monday Tuesday Wednesday Thursday Friday

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

MENU SUBJECT TO CHANGE

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

