

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

 <p>Try to fill at least half your plate with fruits and vegetables!</p>		<p>1 16 <b>NEW ITEM!</b> <b>Thanksgiving Feast</b> Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>2 <b>National Sandwich Day</b> Turkey Club with Turkey Bacon, Lettuce, &amp; Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3  Pizza Garden Salad Fresh or Chilled Fruit</p>
<p>6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>7 <b>School Closed</b></p>	<p>8 <b>Pasta Alfredo</b> Breadstick Green Beans Fresh or Chilled Fruit</p>	<p>9 <b>School Closed</b></p>	<p>10 <b>School Closed</b></p>
<p>13 <b>New Recipe!</b> Rodeo Chicken Sandwich with BBQ Sauce &amp; Onion Rings Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>14 <b>Taco Tuesday</b> Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice, Corn Fresh or Chilled Fruit</p>	<p>15 <b>Chicken Parmesan Sandwich</b> Green Beans Fresh or Chilled Fruit</p>	<p>16 <b>Roast BBQ Chicken with Rice</b> Baked Beans Sautéed Spinach Fresh or Chilled Fruit</p>	<p>17 <b>Sausage, Egg &amp; Cheese on a Croissant Bun</b> Hash Browns Fresh or Chilled Fruit</p>
<p>20 <b>General Tso's Chicken</b> Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p>21 <b>Macaroni and Cheese</b> Warm Breadstick Peas &amp; Carrots Fresh or Chilled Fruit</p>	<p>22 <b>Half Day</b> <b>No Lunch Served</b></p>	<p>23 <b>School Closed</b> <b>Happy Thanksgiving!</b> </p>	
<p>27 Chicken Tenders with Dipping Sauces Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit</p>	<p>28 <b>Breakfast for Lunch</b> French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>29 <b>Fiesta Chicken Nacho Platter</b> Lettuce, Tomatoes, Cheese &amp; Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 <b>Philly Cheesesteak Hero with Peppers and Onions</b> French Fries Warm Pear Crisp</p>	<p><b>NEXT....</b> </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](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 732-381-1307