MIDDLE/HIGH SCHOOL LUNCH MENU

Maschio's Food Services, Inc.

HEALTHY MEALS GROW HEALTHY KIDS

LUNCH MENU

Nutrition News

"Fresh Farm To School!"

FEATURED FRUIT & VEGETABLE

fruits & veggies more matters

BUY FRESH BUY LOCAL Northwest Jersey

ServSafe

JERSEY FRESH FROM THE GARDEN STATE

BEST BUY! **Student Paid Lunch $2.60 Reduced $.40**

Prepay For Lunch In The Cafeteria

Make checks payable to:
School Board of Education

OR www.payforit.net
ON LINE MEAL PAYMENTS!

"Our lunch menus meet or exceed USDA guidelines for child nutrition lunch programs."

Specials

Every Meal Includes: Fruit Selection, Bread Basket, Fresh Carrots w/Dip & Low-Fat or Skim Milk Choices

8 **4 HOUR SESSION**
BREAKFAST SERVED

9 **WELCOME BACK!**
Spicy Chicken Sandwich
Oven Baked Spiral Fries, ***Fresh Salad with Spinach & Romaine,*** Fresh Peach

12 ***New Orleans Chicken Fresh Basil***
Seasoned Rice, Steamed Broccoli
Whole Wheat Dinner Roll

13 ***Ham & Cheese Omelet*** Biscuit
Oven Baked Potato Rounds

14 **GRAINS DAY!** ***Wheat Penne Pasta Primavera with Grilled Chicken*** Wheat Dinner Roll
Parmesan Cheese, Fresh Salad

15 ***Lasagna Rolette*** Garlic Bread
Buttery Garlic Green Beans

16 ***Beef Steak Hero with Cheese***
Sweet Potato Fries for Healthy Eyes

19 ***Chicken Caesar Salad with Spinach***
Slice of Foccacia Bread & Croutons

20 ***Ultimate Flatbread Pizza at La Cucina***
Pasta Marinara, Breadstick

21 ***Baked Ziti with 2 Cheeses***
Parmesan Cheese, Garlic Bread
Roasted Fresh Zucchini

22 ***Turkey Bacon, Egg & Cheese Bagel***
Oven Baked Hash Brown Patty

23 ***Turkey, Beef & Bean Nachos***
Spicy Rice, Lettuce, Cheese, Salsa
Tortilla Chips

26 ***FRESH FARM TO SCHOOL WEEK***
Chipotle Chicken Sandwich
Honey Carrots, **Fresh Peach**

27 ***Scrambled Eggs, Ham & Cheese Grinder*** Oven Baked Fries, **Fresh Apple**

28 ***Popcorn Chicken*** Whole Wheat Roll
Fresh Cabbage Cole Slaw

29 **Rosh Hashanah - Schools Closed**

30 ***BBQ Chicken & Brown Rice***
Bakery Fresh Dinner Roll
Cucumber & Tomato Salad

JERSEY FRESH FROM THE GARDEN STATE

Available Daily

La Cucina Italia

VEGETARIAN

Specials

Garden Fresh

Great Grillers

Sandwich Stackers

Complete Meal Includes

Protein, Bread, Vegetable
Fruit or 100% Juice & Low-Fat Milk Choice

"You Must Take Three To Be A Lunch!"

AVAILABLE DAILY
Fresh Carrot Sticks with Dip
Or Salad with Spinach
Fresh Fruit & Bread Basket Too!

Students $2.60 Reduced $.40
Adult $4.00
Extra Entrée $1.25 Extra Pizza $1.75

Questions? Comments?
Please Call
Maschio's Food Services
at the High School Kitchen
555-5555

www.maschiofood.com

Sidekicks

J&J SNACK FOODS CORP.

Low-Fat or Skim Milk	$0.60
Fruit or 100% Juice	$0.65
Yogurt	$1.35
Savory Soup & Crackers	$1.30
Baked Chips	$0.75
J&J Hot Pretzel	$1.25
Ice Cream	$1.00
Premium Ice Cream	$1.50
100% Fruit Slushy	$1.00
Fresh Baked Cookie	$0.35
Bottled Water	$1.00
Snapple 100% Juice	$1.30
Snapple Tea	$1.40

MENU SUBJECT TO CHANGE