

Demarest Elementary School

October 2017 Lunch Menu



Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.45

Monday: Muffin Bag
 Tuesday: Cereal Bag
 Wednesday: Muffin Bag
 Thursday: Cereal Bag
 Friday: Cereal or Muffin Bag

Maschio's Swap Outs Available Daily

Bagel and Yogurt Bag

Extra Slice of Papa John's Pizza \$2.10

8 ounce water available daily for purchase \$0.50

Connect with us!



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	4 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	5 BBQ Grilled Chicken Sandwich Vegetarian Baked Beans Strawberry Applesauce	6 Mozzarella Sticks with Marinara Sauce Baby Carrots Fresh or Chilled Fruit
9 School Closed	10 Meatball Parm Sandwich Garden Peas Fresh or Chilled Fruit	11 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	12 New Recipe! #Throwback Thursday Cheeseburger Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	13 Chicken Parm Sandwich Baby Carrots Fresh or Chilled Fruit
NATIONAL SCHOOL LUNCH WEEK				
16 Lucky Tray Day Crispy Chicken on a Bun Sweet Potatoes Fresh or Chilled Fruit	17 All Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit	18 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	19 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Twisty Cheesy Breadsticks with Marinara Sauce Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 Grilled Cheese Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	24 New Recipe! Chicken Fried Rice Steamed Vegetables Fresh or Chilled Fruit	25 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	26 Chicken Nuggets Dinner Roll Fresh Veggie Dippers Fresh or Chilled Fruit	27 Mini Cheese Calzones with Marinara Sauce Baby Carrots Fresh or Chilled Fruit
30 New Item! Chicken Tenders Basket Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit	31 HALLOWEEN Turkey Corn Dog Nuggets Sweet Potato Tots 100% Juice Orange Sorbet			

Our well-balanced lunches available for the week, average between **600-650 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 973-680-8608

Payments should be sent via cash or check with your child's name notes or at myschoolbucks.com :
10 for \$28.50 / 20 for \$57.00

Please Make Checks Payable To: Bloomfield BOE

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"