



# Forest Glen Early Childhood Center

## 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
<b>2</b> Popcorn Chicken with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	<b>3</b> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	<b>4</b> <b>Sweet &amp; Sour Chicken</b> Steamed Rice Vegetable Medley Fresh or Chilled Fruit	<b>5</b> <b>BBQ Grilled Chicken Sandwich</b> Vegetarian Baked Beans Strawberry Applesauce	<b>6</b> <b>Mozzarella Sticks with Marinara Sauce</b> Baby Carrots Fresh or Chilled Fruit
<b>9</b> <b>School Closed</b>	<b>10</b> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	<b>11</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	<b>12</b> <span style="color: blue;">New Recipe!</span> <span style="color: blue;">#Throwback Thursday</span> <b>Cheeseburger Mac &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	<b>13</b> <b>Chicken Parm Sandwich</b> Baby Carrots Fresh or Chilled Fruit
NATIONAL SCHOOL LUNCH WEEK				
<b>16</b> <span style="color: orange;">Lucky Tray Day</span> <b>Crispy Chicken on a Bun</b> Sweet Potatoes Fresh or Chilled Fruit	<b>17</b> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	<b>18</b> <span style="background-color: red; color: white; padding: 2px;">SCOOP-A-BOWL</span> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>19</b> <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>20</b> <b>Twisty Cheesy Breadsticks with Marinara Sauce</b> Locally Grown Veggie Dippers Fresh or Chilled Fruit
<b>23</b> <b>Grilled Cheese Sandwich</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>24</b> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	<b>25</b> <b>Pasta with Meat Sauce</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	<b>26</b> <b>Chicken Nuggets</b> Dinner Roll Fresh Veggie Dippers Fresh or Chilled Fruit	<b>27</b> <b>Mini Cheese Calzones with Marinara Sauce</b> Baby Carrots Fresh or Chilled Fruit
<b>30</b> <span style="color: blue;">New Item!</span> <b>Chicken Tenders Basket</b> Smile Fries <b>Pumpkin Pretzel</b> Fresh or Chilled Fruit	<b>31</b> <span style="color: red;">HALLOWEEN</span> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit			

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](http://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](http://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"