



Mount Olive Middle School

December 2017
Lunch Menu

Student Lunch \$3.75 Reduced Lunch \$0.40 Adult Lunch \$4.75

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

MEDITERRANEAN BISTRO **NY Style or Personal Pan Pizza with a Variety of Toppings**

Fast & Fresh **Assorted Freshly Prepared Specialty Salad Meals**

Great Grillers **Hamburger or Cheeseburger on a Bun**
Crispy Chicken Sandwich
Spicy Buffalo Chicken Sandwich

Deli Central **Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings**

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!



Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 973-927-2208 x 7800

The Main Event

Monday Tuesday Wednesday Thursday Friday

					Assorted Calzone Veggie Medley Fresh or Chilled Fruit
4 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh Apple	5 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Pasta Alfredo with Garden Vegetables Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Roasted Chicken with Green Beans Mashed Potatoes Fresh or Chilled Fruit	
11 Crispy Chicken BLT on a Croissant Emoji Fries Fresh or Chilled Fruit	12 BBQ Pulled Pork Sandwich Vegetarian Beans Fresh or Chilled Fruit	13 Pasta With Meatballs Garden Salad Fresh or Chilled Fruit	14 Philly Cheesesteak Hero with Peppers and Onions Tater Tots Fresh or Chilled Fruit	15 Chicken & Cheese Quesadilla with Salsa & Sour Cream Spicy Black Bean Salad Fresh or Chilled Fruit	
18 Plain or Buffalo Chicken Tender Basket with Tater Tots and Breadstick Fresh or Chilled Fruit	19 Pretzel Dog Potato Wedges Fresh or Chilled Fruit	20 Holiday Meal Cheese Lasagna Rollup with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit Holiday Pretzel	21 First Day of Winter BBQ Chicken Sandwich French Fries Fresh or Chilled Fruit	22 Half Day No Lunch Service	
25	26	27	28	29	<p style="text-align: center;">Enjoy your Winter Break & Have a Happy New Year!</p>

MENU SUBJECT TO CHANGE

Payments can be made online using www.payforit.net

Please Make Checks Payable To:
Mount Olive Township Board of Education



"This institution is an equal opportunity provider"