



Mount Olive High School

December 2017

Lunch Menu

Student Lunch \$4.00 Reduced Lunch \$0.40 Adult Lunch \$5.00

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 **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 **750-850 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

HAPPY HOLIDAYS

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 Chicken Alfredo Pasta Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit <i>Theme Bar</i> <i>Asian Rice Bowl</i>	7 Grilled Cheese Sandwich with Ham Tomato Soup Vegetable Dippers Fresh or Chilled Fruit	8 BBQ Chicken Melt on a Bun Sweet Potato Salad Fresh or Chilled Fruit
11 Crispy Chicken BLT on a Croissant Seasoned Potato Wedges Fresh or Chilled Fruit	12 Buffalo Chicken Mac & Cheese Soft Pretzel Stick Vegetable Dippers Fresh or Chilled Fruit	13 Pasta w/Meat Sauce Sauteed Spinach Garlic Bread Fresh Celery Dippers Fresh or Chilled Fruit <i>Theme Bar</i> <i>Salad Bar Bowl</i>	14 Southwest Breakfast Bowl Popcorn Chicken, Country Gravy, Cheddar Cheese and a Biscuit 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 New Recipe! Sweet Chili Beef and Noodle Bowl with Green Beans Fresh or Chilled Fruit	20 Holiday Meal Chicken Parm with Pasta Marinara Broccoli Italiano Fresh or Chilled Fruit <i>Holiday Pretzel</i> <i>Theme Bar</i> <i>Burrito Bar</i>	21 First Day of Winter  Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Assorted Calzone Marinara Sauce Peas Fresh or Chilled Fruit

Enjoy your Winter Break & Have a Happy New Year!

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"