



Mount Olive High School

February 2018
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	Hamburger or Cheeseburger on a Bun Crispy Chicken Sandwich Spicy Buffalo Chicken Sandwich Chicken Nuggets with a Roll
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

 <p>Keep your heart happy by choosing healthy options!</p>		<p>1 Super Bowl Celebration Buffalo Chicken Dip with Soft Pretzel Sticks Fresh Celery Sticks with Dip Tater Tots Fresh or Chilled Fruit</p>	<p>2 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit</p>
<p>5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p>6 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce Sweet Potato Fresh or Chilled Fruit</p>	<p>7 Cheesesteak Calzone French Fries Fresh or Chilled Fruit</p>	<p>8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Southwestern Corn Fresh or Chilled Fruit</p>
<p>12 Plain or Spicy Chicken Tender Basket with Tater Tots & Warm Breadstick Fresh or Chilled Fruit</p>	<p>13 Breakfast for Lunch New Recipe! Breakfast Burrito Bowl with Scrambled Eggs, Turkey Bacon, Shredded Cheddar Cheese, Tater Tots, & Salsa Warm Biscuit Fresh or Chilled Fruit</p>	<p>14 Valentine's Day Baked Ziti Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce Fresh or Chilled Fruit</p>	<p>15 Chinese New Year Celebration General Tso's Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie</p>
<p>19 President's Day School Closed</p>	<p>20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Freshly Prepared Three Bean Salad Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>21 Roasted BBQ Chicken Warm Biscuit Baked Beans Country Slaw Fresh or Chilled Fruit</p>	<p>22 Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>
<p>26 Crispy Chicken BLT on a Croissant French Fries Fresh or Chilled Fruit</p>	<p>27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit</p>	<p>28 Chicken Fried Rice Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie</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

