



Mount Olive Middle School

February 2018
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



Keep your heart happy by choosing healthy options!

			1 Super Bowl Celebration Buffalo Chicken Dip with Soft Pretzel Sticks Fresh Celery Dippers Tater Tots Fresh or Chilled Fruit	2 Meatball Parm Hero Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Pasta with Meat Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce Sweet Potato Tots Fresh or Chilled Fruit	7 Chicken Fried Rice Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie	8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 Pizza Burger on a Bun Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Tenders with Dipping Sauces Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Meatballs & Marinara Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Chinese New Year Celebration General Tso's Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 Rodeo Burger on a Bun with Onion Rings & BBQ Sauce Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Freshly Prepared Three Bean Salad Fresh or Chilled Fruit	21 Roasted BBQ Chicken Dinner Roll Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	22 Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 Ham & Cheese Pretzel Melt French Fries Fresh or Chilled Fruit
26 Crispy Chicken BLT on a Croissant French Fries Fresh or Chilled Fruit	27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit	28 Chicken Parm Sandwich Freshly Prepared Garden Salad Fresh or Chilled Fruit		

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"