



Mount Olive Middle School

January 2018
Lunch Menu

The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

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



1 New Year's Day School Closed	2 Chicken Tenders Basket with Soft Pretzel Stick and Tater Tots Fresh or Chilled Fruit	3 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Oven Baked Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 Cheese Calzone Marinara Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Chicken Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 New Recipe! Bacon, Chicken, and Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast for Lunch Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 National Milk Day Buffalo Chicken or Creamy Mac & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 New Recipe! Create Your Own Pizza Bagel Assorted Toppings Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 New Recipe! Recipe For Success Contest Winner  Vincent's Chicken Fajita Fries Soft Pretzel Sticks Black Bean & Corn Salad Fresh or Chilled Fruit	17 Cheese Steak Sandwich Assorted Toppings Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18 Chicken Fried Rice Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie	19 New Item! Rich's Pizza Crunchers with Marinara Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Tacos , Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Sausage, Egg & Cheese Sandwich Sweet Potatoes Fresh or Chilled Fruit	26 Mashed Potato Bowl with Popcorn Chicken Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit
29 New Recipe! Plain or Buffalo Chicken Cheesesteak Hero Spiral Fries Fresh or Chilled Fruit	30 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 Ham & Cheese Pretzel Melt French Fries 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"