



# Mount Olive High School

January 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](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 973-927-2208 x 7800

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 <b>New Year's Day</b> <b>School Closed</b></p>	<p>2 <b>Chicken Tenders Basket</b> with <b>Soft Pretzel Stick and Tater Tots</b> Fresh or Chilled Fruit</p>	<p>3 <b>Walking Beef Nachos</b> With <b>Taco Meat, Shredded Cheddar Cheese, Lettuce, and Tomato</b> Brown Rice Nacho Cheese Ditos Fresh or Chilled Fruit</p>	<p>4 <b>National Spaghetti Day</b> <b>Spaghetti Bar</b> Choice of <b>Marinara, Meat Sauce, or Alfredo Sauce</b> Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet Fresh or Chilled Fruit</p>	<p>5 <b>Fish and Chips</b> Coleslaw Dinner Roll Fresh or Chilled Fruit</p>
<p>8 <b>Meatball Parm Hero</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>9 <b>Chicken, and Cheese Quesadilla</b> with <b>Shredded Lettuce, Diced Tomatoes, &amp; Salsa</b> Southwestern Corn Fresh or Chilled Fruit <i>Theme Bar</i> <i>Pasta Bar</i></p>	<p>10 <b>Breakfast For Lunch</b> <b>Ham, Egg &amp; Cheese on a Croissant</b> Hash Browns Fresh or Chilled Fruit</p>	<p>11 <b>National Milk Day</b> <b>Cheese Steak Calzone</b> Glazed Carrots Fresh or Chilled Fruit</p>	<p>12 <b>Chicken &amp; Vegetable Lo Mein</b> Vegetable Egg Roll Fresh or Chilled Fruit</p>
<p>15 <b>Martin Luther King Jr. Day</b> <b>School Closed</b></p>	<p>16 <b>New Recipe! Chicken Fajita Fries</b> Soft Pretzel Sticks Black Bean &amp; Corn Salad Fresh or Chilled Fruit <i>Theme Bar</i> <i>Baked Potato Bar</i></p>	<p>17 <b>Meatloaf with Mashed Potatoes and Gravy</b> Peas and Carrots Fresh or Chilled Fruit</p>	<p>18 <b>Hot Open-Faced Turkey Sandwich with Gravy</b> Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>19 <b>Chicken Fried Rice</b> Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie</p>
<p>22 <b>Grilled Ham &amp; Cheese Melt on a Pretzel Bun</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>23 <b>BBQ Grilled Chicken &amp; Cheddar Cheese Sandwich</b> Country Slaw Fresh or Chilled Fruit <i>Theme Bar</i> <i>Breakfast Bar</i></p>	<p>24 <b>Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>25 <b>Oven Roasted Chicken</b> Buttered Noodles Peas Fresh or Chilled Fruit</p>	<p>26 <b>Sweet Chili Beef and Noodle Bowl with Green Beans</b> Fresh or Chilled Fruit</p>
<p>29 <b>New Recipe! Plain or Buffalo Chicken Cheesesteak Hero</b> Spiral Fries Fresh or Chilled Fruit</p>	<p>30 <b>Bacon, Egg, &amp; Cheese Sandwich</b> Maple Cinnamon Sweet Potato Tots Strawberry Applesauce <i>Theme Bar</i> <i>Assorted Calzone</i></p>	<p>31 <b>Pasta Alfredo with Chicken and Broccoli</b> Garlic Bread Fresh or Chilled Fruit</p>	<p><b>2018</b> <b>HAPPY NEW YEAR!</b></p>	

MENU SUBJECT TO CHANGE

Payments can be made online using [www.payforit.net](http://www.payforit.net)

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

