



Mount Olive Middle School

March 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

The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday



<p>5 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p>6 Breakfast for Lunch Waffles Breakfast Sausage Hash Browns Fresh or Chilled Fruit</p>	<p>7 Pasta with Meat Sauce Garlic Bread Sautéed Spinach Fresh or Chilled Fruit</p>	<p>1 Chicken Fried Rice Vegetable Medley Fresh or Chilled Fruit Fortune Cookie</p>	<p>2 Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Garden Salad 100% Juice Sorbet</p>
<p>12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>13 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>14 BBQ Chicken Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p>8 Breakfast for Lunch Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit</p>	<p>9 Pizza Bagels Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>19 Crispy Bacon Chicken Swiss Sandwich Emoji Fries Fresh or Chilled Fruit</p>	<p>20 Spring Picnic Pretzel Dog Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i></p>	<p>21 Meatball Parm Hero Vegetables Medley Fresh or Chilled Fruit</p>	<p>15 Philly Cheesesteak Hero with Peppers & Onions Potato Wedges Fresh or Chilled Fruit</p>	<p>16 New Recipes! Loaded Potato Wedges with Cheese Dinner Roll Freshly Prepared Caesar Salad Gelatin Fruit Cups</p>
<p>26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p>27 New Recipe! Plain or Spicy Chicken Nugget Basket Dinner Roll Potato Wedges Fresh or Chilled Fruit</p>	<p>28 Breakfast For Lunch Pancakes Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>22 Sweet & Sour Popcorn Chicken with Rice Broccoli Fresh or Chilled Fruit</p>	<p>23 Pulled Pork Sandwich French Fries Fresh or Chilled Fruit</p>
			<p>29 School Closed</p>	<p>30 School Closed</p>

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!



MENU SUBJECT TO CHANGE

Payments can be made online using www.payforit.net

Please Make Checks Payable To:

Mount Olive Township Board of Education

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 973-927-2208 x 7800



"This institution is an equal opportunity provider"

