



Mount Olive High School

November 2017
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

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| MEDITERRANEAN BISTRO | NY Style or Personal Pan Pizza with a Variety of Toppings |
| Fast & Fresh | Assorted Freshly Prepared Specialty Salad Meals |
| Great Grillers | 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 **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

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| <p>Try to fill at least half your plate with fruits and vegetables!</p> | | 1 Chicken Parm on a Bun Freshly Prepared Caesar Salad Fresh or Chilled Fruit | 2 New Recipe! National Sandwich Day Caprese Panini with Tomato, Mozzarella, & Basil Freshly Prepared Garden Salad Fresh or Chilled Fruit | 3 Cheesesteak Calzone Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit |
| 6 New Recipe! Buffalo Chicken Dip Pretzel Bites Celery Sticks Fresh or Chilled Fruit | 7 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit | 8 New Recipe! Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings Sweet Potato Fries Fresh or Chilled Fruit | 9 NJEA Convention School Closed | 10 NJEA Convention School Closed |
| 13 Chicken Tenders with Dipping Sauces Dinner Roll Maple Cinnamon Sweet Potato Fresh or Chilled Fruit | 14 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit | 15 Grilled Cheese Sandwich with Ham Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit | 16 New Recipe! Thanksgiving Bowl with Roast Turkey, Gravy, Mashed Potatoes, Corn, & Cranberry Sauce Pumpkin Swirl Roll Fresh or Chilled Fruit | 17 Breakfast for Lunch Ham, Egg, & Cheese on a Croissant Bun Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit |
| 20 Spicy or Plain Chicken Tender Basket with French Fries and Soft Pretzel Stick Fresh or Chilled Fruit | 21 BBQ Pulled Pork on a Bun Baked Beans Cole Slaw Fresh or Chilled Fruit | 22 School Closed | 23 School Closed Happy Thanksgiving! | 24 |
| 27 The MAC Burger with Thousand Island Dressing, American Cheese, and Pickle Slices Tater Tots Fresh or Chilled Fruit | 28 Breakfast for Lunch Bacon, Egg, & Cheese on an English Muffin Hash Browns Fresh or Chilled Fruit | 29 Fiesta Chicken Nacho Platter Lettuce, Tomatoes, Cheese & Salsa Steamed Corn Fresh or Chilled Fruit | 30 Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit Warm Pear Crisp | |

MENU SUBJECT TO CHANGE

Payments can be made online using www.payforit.net

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

