



Mount Olive Middle School

November 2017
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

<p>Try to fill at least half your plate with fruits and vegetables!</p>		<p>1 New Recipe! Buffalo Chicken Dip Pretzel Bites Celery Sticks Fresh or Chilled Fruit</p>	<p>2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce, & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3 Meatball Parm Hero Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>6 No Lunch Service</p>	<p>7 No Lunch Service</p>	<p>No Lunch Service</p>	<p>9 School Closed</p>	<p>10 School Closed</p>
<p>13 New Recipe! Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>14 Beef Hot Dog Cole Slaw Veggie Beans Fresh or Chilled Fruit</p>	<p>15 Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice, Corn Fresh or Chilled Fruit</p>	<p>16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>17 Sausage, Egg & Cheese on a Croissant Bun Hash Browns Fresh or Chilled Fruit</p>
<p>20 General Tso's Chicken Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p>21 Macaroni and Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit</p>	<p>22 School Closed</p>	<p>23 School Closed</p>	<p>24 Happy Thanksgiving!</p>
<p>27 Chicken Tenders with Dipping Sauces Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>29 Fiesta Chicken Nacho Platter Lettuce, Tomatoes, Cheese & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 Ham and Cheese Pretzel Melt Fries Steamed Corn Fresh or Chilled Fruit</p>	

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"