

Mount Olive Elementary Schools

October 2017 Lunch Menu



Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking you to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

All meals are served with the Vegetable of the Day and/or a selection from Mac's

Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch	\$3.50
Reduced Lunch	\$0.40
Adult Lunch	\$4.50

Maschio's Swap Outs

Monday: French Bread Pizza

Tuesday: Cereal Meal

Wednesday: Chicken Caesar Salad with Dinner Roll

Thursday: Chicken Nuggets with Dinner Roll

Friday: Grilled Cheese Sandwich

Maschio's Swap Outs Available Daily


Hot Dog on a Bun

Yogurt Bag: Low Fat Yogurt, Cheese Stick and Graham Crackers

Connect with us!   



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	4 National Nacho Day! Nachos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit	5 BBQ Grilled Chicken Sandwich Vegetarian Baked Beans Fresh or Chilled Fruit	6 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Chicken Nuggets with Dipping Sauces Confetti Rice Fresh Veggie Fresh or Chilled Fruit	10 Grilled Cheese Smiley Fries Fresh or Chilled Fruit	11 Breakfast for Lunch French Toast Sticks Breakfast Sausage Sweet Potatoes Fresh or Chilled Fruit	12 Mac & Cheese Soft Pretzel Stick Fresh Veggie Fresh or Chilled Fruit	13 Stuffed Crust Pizza Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
NATIONAL SCHOOL LUNCH WEEK				
16 Lucky Tray Day! Crispy Chicken on a Roll Fresh Cucumber Coins Fresh or Chilled Fruit	17 All Natural Beef Hot Dog on a Bun Smiley Fries Fresh or Chilled Fruit	18 Chicken Fajita, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	19 Breakfast for Lunch Pancakes Breakfast Sausages Sweet Potatoes Fresh or Chilled Fruit	20 Assorted Calzone with Marinara Sauce Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 Grilled Ham Cheese Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	24 New Recipe! Chicken Fried Rice Steamed Vegetables Mandarin Oranges Fortune Cookie	25 Pasta with Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 Chicken Nuggets Smiley Fries Fresh Veggie Dippers Fresh or Chilled Fruit	27 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 Chicken Tenders Basket Smiley Fries Fresh or Chilled Fruit	31 HALLOWEEN Turkey Corn Dog Nuggets Sweet Potato Tots 100% Juice Orange Sorbet			

Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

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

You can now make payments online at www.payforit.net
Please Make Checks Payable To:
Mount Olive Twp Board of Education



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"