



Mount Olive High School

October 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

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
Or Call Maschio's Food Services at: 973-927-2208 x 7800

The Main Event

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	3 Chicken Cordon Bleu on a Bun Tater Tots Fresh or Chilled Fruit	4 National Taco Day! TACOS with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Corn Fresh or Chilled Fruit	5 Chicken Parm Sandwich Cesar Salad Fresh or Chilled Fruit	6 Philly Cheesesteak Calzone Garden Salad Fresh or Chilled Fruit
9 New Recipe! BBQ Grilled Chicken & Cheddar Sandwich Country Slaw Vegetarian Baked Beans Strawberry Applesauce Fresh or Chilled Fruit	10 Meatball Parm Sandwich Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 Breakfast for Lunch Ham, Egg, & Cheese on a Croissant Bun Maple Sweet Potatoes Fresh or Chilled Fruit	12 Chicken Fajita Wrap With Peppers and Onions Steamed Rice Fresh or Chilled Fruit	13 Sweet and Sour Chicken Rice Bowl with Stir Fry Vegetables Fresh or Chilled Fruit
NATIONAL SCHOOL LUNCH WEEK				
16 Crispy Chicken BLT on a Roll Freshly Prepared Creamy Cucumber Salad Fresh or Chilled Fruit	17 Hot Open-Faced Turkey Sandwich With Gravy Smiley Fries Fresh or Chilled Fruit	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Spicy or Plain Chicken Tender Basket with French Fries and Soft Pretzel Stick Fresh or Chilled Fruit	20 Ravioli with Marinara Sauce Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 Grilled Cheese Sandwich with Ham Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	24 New Recipe! Chicken Fried Rice Steamed Vegetables Mandarin Oranges Fresh or Chilled Fruit Fortune Cookie	25 Pulled Pork On a Bun Baked Beans Cole Slaw Fresh or Chilled Fruit	26 California Chicken Tender Hero with Lettuce, Tomato, & Mayo Freshly Prepared Tomato Salad Fresh or Chilled Fruit	27 Mini Pepperoni Calzones with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 Buffalo Popcorn Chicken Basket with Soft Pretzel Sticks & Tater Tots Fresh or Chilled Fruit	31 HALLOWEEN New Recipe! Korean Beef Soft Tacos Asian Slaw 100% Juice Orange Sorbet Fresh or Chilled Fruit	 <p>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!</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

