



# Mount Olive Middle School

October 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](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 973-927-2208 x 7800

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 <b>Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy</b> Dinner Roll Fresh or Chilled Fruit</p>	<p>3 <b>California Cheeseburger on a Bun</b> Smiley Fries Fresh or Chilled Fruit</p>	<p>4 <b>National Taco Day!</b> <b>Tacos</b> with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>5 <b>BBQ Grilled Chicken Sandwich</b> Country Slaw Vegetarian Baked Beans Strawberry Applesauce</p>	<p>6 <b>Philly Cheesesteak Hero with Peppers and Onions</b> French Fries Fresh or Chilled Fruit</p>
<p>9 <b>Chicken Nuggets with Dipping Sauces</b> Confetti Rice Green Beans Fresh or Chilled Fruit</p>	<p>10 <b>Pasta with Meat Sauce</b> Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>	<p>11 <b>Breakfast for Lunch</b> <b>Bacon Egg and Cheese Sandwich</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit</p>	<p>12 <b>New Recipe!</b> #Throwback Thursday <b>Cheeseburger Mac &amp; Cheese</b> Soft Pretzel Stick Broccoli Fresh or Chilled Fruit</p>	<p>13 <b>New Recipe!</b> <b>Sweet Chili Chicken Rice Bowl with Stir Fry Vegetables</b> Fresh or Chilled Fruit</p>
<p>16 <b>Crispy Chicken BLT on a Roll</b> Fresh Cucumber Coins Fresh or Chilled Fruit</p>	<p>17 <b>Top Your Own Hot Dog On a Bun</b> French Fries Fresh or Chilled Fruit</p>	<p>18 <b>Chicken Fajitas Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit</p>	<p>19 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>20 <b>Chicken Parm. Sandwich</b> Tossed Salad Fresh or Chilled Fruit</p>
<p>23 <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>24 <b>New Recipe!</b> <b>Chicken Fried Rice</b> Steamed Vegetables Fortune Cookie Mandarin Oranges</p>	<p>25 <b>Pasta with Meat Sauce</b> Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>26 <b>Chicken Tenders</b> Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>27 <b>Mini Pepperoni Calzones with Marinara Sauce</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>30 <b>Rodeo Burger on a Bun with BBQ Sauce &amp; Onion Rings</b> Smile Fries Fresh or Chilled Fruit</p>	<p>31 <b>HALLOWEEN Turkey Corn Dog Nuggets</b> Sweet Potato Tots 100% Juice Orange Sorbet</p>	<div style="display: flex; align-items: center;">  <div> <p><b>Cook Up your own Recipe for Success during National School Lunch Week!</b></p> <p>This month we are asking <b>you</b> 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. <b>Each winner's recipe creation will be featured on the January Menu!</b></p> </div> </div>		

MENU SUBJECT TO CHANGE

Payments can be made online using [www.payforit.net](http://www.payforit.net)

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



"This institution is an equal opportunity provider"

