



Mount Olive High School

September 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

*We Hope You Enjoyed
Your Summer Vacation!*

				1 No School	
4 Labor Day School Closed	5 Welcome Back! Crispy Chicken BLT Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet	6 Meatball Parm Sandwich Smile Fries Fresh or Chilled Fruit	7 Breakfast for Lunch Bacon, Egg, & Cheese on a Croissant Sweet Potato Tots Fresh or Chilled Fruit	8 Mini Cheese Calzones with Marinara sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	
11 Spicy or Plain Chicken Tender Basket with Tater Tots and Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	12 Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13 Buffalo Chicken or Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	14 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Battered French Fries Fresh or Chilled Fruit	15 Twisted Cheesy Breadsticks with Marinara Sauce Pasta Marinara Freshly Prepared Caesar Salad Fresh or Chilled Fruit	
18 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	19 Breakfast for Lunch Sausage, Egg, & Cheese on a Roll Hash Browns Fresh or Chilled Fruit	20 Philly Cheesesteak Hero with Peppers & Onions Seasoned Potato Wedges Strawberry Applesauce Fresh or Chilled Fruit	21 School Closed	22 Chicken Parm Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	
25 Grilled Balsamic Chicken Hero with Roasted Red Peppers & Mozzarella Cheese Freshly Prepared Garden Salad Locally Grown Fresh Apple	26 Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	27 Top Your Own Hamburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	28 Herb Roasted Chicken Dinner Roll Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit	29 Mozzarella Sticks with Marinara Sauce Dinner Roll Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit	



Jersey Fresh Farm to School Week

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"