



# Mount Olive Middle School

September 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

<b>MEDITERRANEAN BISTRO</b>	<b>NY Style or Personal Pan Pizza with a Variety of Toppings</b>
<b>Fast &amp; Fresh</b>	<b>Assorted Freshly Prepared Specialty Salad Meals</b>
<b>Great Grillers</b>	<b>Hamburger or Cheeseburger on a Bun Crispy Chicken Sandwich Spicy Buffalo Chicken Sandwich</b>
<b>Deli Central</b>	<b>Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings</b>
<b>Harvest Market</b>	<b>Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Featured Daily</b>

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

*We Hope You Enjoyed Your Summer Vacation!*

<p><b>1</b> No School</p>			
<p><b>4</b> Labor Day School Closed</p>	<p><b>5</b> <b>Welcome Back!</b> Crispy Chicken BLT Sandwich Freshly Prepared Tomato &amp; Cucumber Salad with Fresh Basil Watermelon Sorbet</p>	<p><b>6</b> Meatball Parm Sandwich Smile Fries Fresh or Chilled Fruit</p>	<p><b>7</b> <b>Breakfast for Lunch</b> French Toast Sticks Breakfast Sausage Sweet Potato Tots Fresh or Chilled Fruit</p>
<p><b>11</b> Spicy or Plain Chicken Tender Basket with Tater Tots and Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p><b>12</b> Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit</p>	<p><b>13</b> Buffalo Chicken or Creamy Macaroni &amp; Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit</p>	<p><b>14</b> Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit</p>
<p><b>18</b> Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p><b>19</b> <b>Breakfast for Lunch</b> Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p><b>20</b> Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Strawberry Applesauce</p>	<p><b>21</b> School Closed</p>
<p><b>25</b> BBQ Chicken Sandwich Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit</p>	<p><b>26</b> Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Fresh Apple</p>	<p><b>27</b> Top Your Own Hamburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber &amp; Tomato Salad Fresh or Chilled Fruit</p>	<p><b>28</b> Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p><b>29</b> Mozzarella Sticks with Marinara Sauce Dinner Roll Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit</p>			



**Jersey Fresh Farm to School Week**

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"