



Allamuchy Township School Lunch

MONDAY

2

- Bagel Bag w/ Yogurt & Cheese
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

TUESDAY

3

- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety
- Eggo Mini Waffles with a Yogurt and a Cheese Stick

WEDNESDAY

4

- Assorted Pizza's
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

THURSDAY

5

No School

FRIDAY

6

No School

9

- Assorted Muffins with Yogurt and a Cheese Stick
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

10

- Ham and Cheese on a Kaiser
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

11

- Apple Frudel
- Mozzarella String Cheese
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

12

- Chicken Tenders
- French Fries
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

13

- Assorted Pizza Day
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

16

- Cereal Bag w/ Yogurt
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

17

- Italian Combo Sandwich
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

18

- Cheese Lasagna Rollup with Marinara Sauce
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

19

- Hamburger on a Bun
- Potato Wedges
- Assorted Fresh or Chilled Fruit
- Milk Variety

20

- Assorted Pizza Day
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

23

- Bagel Bag w/ Yogurt & Cheese
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

24

- Breaded Chicken Patty on a Bun
- Potato Wedges
- Assorted Fresh or Chilled Fruit
- Milk Variety

25

- Assorted Pizza Day
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

26



27

No School

30

- Eggo Mini Pancakes with a Yogurt and a Cheese Stick
- Assorted Fresh or Chilled Fruit
- Assorted Fresh Bagged Vegetables
- Milk Variety

Lunch Price List
• Student Lunch: \$3.00
• Reduced Lunch: \$0.40
• Adult Lunch: \$3.70

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice.

Menus are Subject to Change Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

Nutrition Info K-5. 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. Menus are Subject to Change. Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrates Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.



QUESTIONS OR COMMENTS?

Please call us at (973) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!