

Allamuchy School

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch \$2.85
Reduced Lunch \$0.40
Adult Lunch \$3.70

Maschio's Swap Outs Available Daily

Chicken Patty on a Bun

Crispy Chicken Salad with a Roll

Bagel Bag Meal– Bagel and Cheese Sticks

Muffin Bag Meal– Muffin and Cheese Sticks

Cereal Bag Meal– Cereal, WG Pretzel and Cheese Sticks

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Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
 Try to fill at least half your plate with fruits and vegetables!		1 Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	2 National Sandwich Day Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	3 Stuffed Crust Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
	6 Chicken Fries with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	8 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit	9 School Closed
	13 Crispy Chicken Sandwich Sweet Potato Fries Fresh or Chilled Fruit	14 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit
20 Popcorn Chicken w/ Sweet & Sour Dipping Sauce Steamed Rice Broccoli Fresh or Chilled Fruit	21 Lucky Tray Day Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	22 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit	23 School Closed	17 Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit	30 Hot Ham & Cheese on a Bun French Fries Warm Pear Crisp	24 
			Happy Thanksgiving!	

Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 908-852-1894

Prepaid Meals are available in the cafeteria:
10 for \$2.85/ 20 for \$57.00

Please Make Checks Payable To:
Allamuchy Twp. School

MENU SUBJECT TO CHANGE


Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"