

# Mountain Villa 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
- Bagel Bag Meal– Bagel and Cheese Sticks
- Muffin Bag Meal– Muffin and Cheese Sticks
- Cereal Bag Meal– Cereal, WG pretzels, and Cheese Sticks
- Yogurt Bagel Meal – Yogurt, WG pretzels, and a Cheese Stick

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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!			
				
6	7	8	9	10
<b>Chicken Fries with Dipping Sauces</b> Dinner Roll Green Beans Fresh or Chilled Fruit	<b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>Mini Pizza Bagels</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>School Closed</b>	<b>School Closed</b>
13	14	15	16	17
<b>Crispy Chicken Sandwich</b> Sweet Potato Fries Fresh or Chilled Fruit	<b>Taco Tuesday Twin Tacos</b> with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	<b>All-Natural Beef Hot Dog on a Bun</b> Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	<b>NEW ITEM! Thanksgiving Feast</b> <b>Roast Turkey with Gravy</b> Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	<b>Bella's Pizza</b> New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20	21	22	23	24
<b>Sweet &amp; Sour Popcorn Chicken</b> Steamed Rice Broccoli Fresh or Chilled Fruit	 <b>Macaroni &amp; Cheese</b> Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	<b>Assorted Pizza</b> Vegetable Medley Fresh or Chilled Fruit	<b>School Closed</b>	
27	28	29	30	
<b>Chicken Nuggets</b> Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	<b>Breakfast for Lunch French Toast Sticks</b> Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>Fiesta Chicken Nacho Platter</b> with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit	<b>Hot Ham &amp; Cheese on a Bun</b> French Fries Warm Pear Crisp	

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!

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com) Or Call Maschio's Food Services at: 908-852-1894

Prepaid Meals are available in the cafeteria:  
 10 for \$28.50/ 20 for \$57.00

**Please Make Checks Payable To:**  
**Allamuchy Twp. School**

MENU SUBJECT TO CHANGE

  
 "This institution is an equal opportunity provider"