



Allamuchy School

October 2015 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News

National School Lunch Week is being celebrated in October!



The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!

Student Lunch \$2.70

Reduced Lunch \$0.40

Adult Lunch \$3.20

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

MASCHIO'S MAIN EVENT

Maschio's Swap Outs Available Daily

Chicken Patty on a Bun
Crispy Chicken Salad w/ Roll

Bagel Bag Meal
Muffin Bag Meal
Cereal Bag Meal

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Check out our Facebook page to see what meals we are serving up this month!</p>			<p>1 Corn Dog Nuggets Mashed Potatoes Carrots Fresh or Chilled Fruit</p>	<p>2 New York Style Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>5 Dipper Day Chicken Fries Waffle Sticks Jersey Fresh Pepper Dippers Fresh or Chilled Fruit</p> <p> Farm to School Day</p>	<p>6 Pasta Day with Meat Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>7 New Item! Nardone Bros. Pizza of the Month BBQ Chicken Pizza Tex-Mex Green Beans Fresh or Chilled Fruit</p>	<p>8 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>9 Personal Pan Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit</p>
<p>12 Columbus Day School Closed</p>	<p>13 #tacotuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Corn Fresh or Chilled Fruit</p>	<p>14 Lucky Tray Day #wellnesswednesday Chicken Patty on a Bun Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>15 #throwbackthursday Grilled Cheese Sticks Tomato Soup Veggie Dippers Fresh or Chilled Fruit</p>	<p>16 #fridayfunday Stuffed Crust Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>19 #meatlessmonday Mini Cheese Ravioli Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p> <p></p>	<p>20 Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>21 Hot Dog on a Bun Baked Beans Warm Apple Crisp</p>	<p>22 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>23 French Bread Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>26 Crispy Chicken Nuggets Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>27 New Item! Loaded Texas Potato Wedges with Chili and Cheese Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>28 Ranchero Pizza w/ Beef, Lettuce, Tomato, Ranch Dressing, Corn Fresh or Chilled Fruit</p>	<p>29 Teriyaki Chicken with Rice Broccoli Fresh or Chilled Fruit</p>	<p>30 New York Style Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>

celebrate national SCHOOL LUNCH week!

 Happy Halloween!



Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Available Daily



Check us out on Facebook : Maschio's Food Services, Inc.

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 \$27.00 / 20 for \$54.00

Please Make Checks Payable To:
Allamuchy Twp. School

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"