



Mountain Villa 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 Swap Outs Available Daily

Chicken Patty on a Bun

Bagel Bag Meal

Cereal Bag Meal

Muffin Bag Meal

Yogurt Bag Meal

MASCHIO'S MAIN EVENT

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 Puzzle Fries 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 Pizza Sticks w/ Marinara 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 Mini 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 Ranchero Pizza w/ Meat, Tomatoes, Lettuce, Ranch Dressing 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 Veggie Dippers Fresh or Chilled Fruit</p>	<p>16 #fridayfunday Stuffed Crust Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
celebrate national SCHOOL LUNCH week!				
<p>19 #meatlessmonday Macaroni & Cheese 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 Chicken Tenders w/ Roll Carrot & Celery Sticks Chilled or Fresh Fruit</p>	<p>22 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPSI® 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 w/ Roll Baked Fries 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 Mini Waffles Breakfast Sausages Hash Browns Warm Apple Crisp</p>	<p>29 Popcorn Chicken w/ Sweet & Sour Dipping Sauce Broccoli Dippers Fresh or Chilled Fruit</p>	<p>30 New York Style Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
 Happy Halloween!				

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



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



Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)



"This institution is an equal opportunity provider"