

Mount Arlington

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

Maschio's Swap Outs

Monday: Grilled Cheese Sandwich
Tuesday: Hot Dog on a Bun
Wednesday: Cheeseburger on Bun
Thursday: Turkey and Cheese Sandwich
Friday: Chicken Caesar Wrap

Maschio's Swap Outs Available Daily

PB&J Meal
 Bagel Meal
 Garden Salad with Chicken and a Dinner Roll
 Yogurt Parfait Meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
	 HAPPY HOLIDAYS			
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 SCOOP-A-BOWL with Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	6 Pasta Alfredo with Garden Vegetables Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Assorted Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	12 Lucky Tray Day! Creamy Macaroni & Cheese Soft Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	13 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	15 Vinny's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 Holiday Meal Cheese Lasagna Rollup with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit <i>Holiday Pretzel</i>	20 All-Natural Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	21 First Day of Winter Chicken Fajita w/Cheddar Cheese Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	22 School Closed Half Day No Lunch Served
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

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: (973) 398-4400 x317

POINT OF SALE SYSTEM AT MT ARLINGTON SCHOOL:
 ALL STUDENT'S ARE GIVEN A PIN TO ACCESS THEIR ACCOUNT.
 Please visit PAYFORIT.NET to fund your child's online lunch account. You may also send in cash or check.

Please Make Checks Payable To:
Mt. Arlington B.O.E.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"