

# 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
	 <b>HAPPY HOLIDAYS</b>			
<b>4 Popcorn Chicken</b> Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	<b>5 SCOOP-A-BOWL</b> with Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>6 Pasta Alfredo with Garden Vegetables</b> Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	<b>7 Grilled Ham &amp; Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	<b>1 Vinny's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>11 Crispy Chicken Sandwich</b> Emoji Fries Fresh or Chilled Fruit	<b>12 Lucky Tray Day!</b> <b>Creamy Macaroni &amp; Cheese</b> Soft Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	<b>13 Breakfast For Lunch</b> <b>Pancakes</b> Sausages Sweet Potato Tots Warm Cinnamon Apples	<b>14 Hamburger or Cheeseburger on a Bun</b> Country Slaw Fresh or Chilled Fruit	<b>8 Assorted Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>18 Chicken Nuggets</b> Confetti Rice Steamed Peas Fresh or Chilled Fruit	<b>19 Holiday Meal</b> <b>Cheese Lasagna Rollup with Marinara Sauce</b> Broccoli Italiano Fresh or Chilled Fruit <i>Holiday Pretzel</i>	<b>20 All-Natural Beef Hot Dog on a Bun</b> Potato Wedges Fresh or Chilled Fruit	<b>21 First Day of Winter</b> <b>Chicken Fajita w/Cheddar Cheese</b> Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	<b>15 Vinny's Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>22 School Closed</b>  <b>Half Day</b>  <b>No Lunch Served</b>
<b>Enjoy your Winter Break &amp; Have a Happy New Year!</b>				

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](http://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"