

Decker 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	\$2.75
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

Maschio's Swap Outs Available Daily

- Cereal Bag Meal
- Bagel Bag Meal
- PB & J Meal
- Yogurt Parfait Meal
- Turkey and Cheese Sandwich

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Try to fill at least half your plate with fruits and vegetables!</p>		1 Crispy Chicken Sandwich on a Bun Tater Tots Fresh or Chilled Fruit	2 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Potato Tots Fresh or Chilled Fruit	3 Vinny's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	7 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	8 Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	9 School Closed	10 School Closed
13 Half Day No Lunch Served	14 Half Day No Lunch Served	15 Half Day No Lunch Served	16 Half Day No Lunch Served	17 Vinny's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
20 Turkey Corn Dog Nuggets Potato Tots Fresh or Chilled Fruit	21 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	22 Half Day No Lunch Served	23 School Closed Happy Thanksgiving!	24
27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	28 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	29 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	30 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	

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
 Or Call Maschio's Food Services at: (973)398-6400 x215

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"