

Mount Arlington

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 \$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

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: #800000; font-weight: bold;">Try to fill at least half your plate with fruits and vegetables!</p>				
<p>6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>1 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>2 National Sandwich Day BBQ Pulled Pork on a Bun Creamy Cole Slaw Fresh or Chilled Fruit</p>	<p>3 Vinny's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>13 Half Day No Lunch Served</p>	<p>14 Half Day No Lunch Served</p>	<p>8 Cheesesteak Calzone French Fries Warm Apple Crisp</p>	<p>9 School Closed</p>	<p>10 School Closed</p>
<p>20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p>15 Half Day No Lunch Served</p>	<p>16 Half Day No Lunch Served</p>	<p>17 Vinny's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>	<p>27 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit</p>
<p>21 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>22 Half Day No Lunch Served</p>	<p>23 School Closed</p>	<p>24 </p>	<p>28 Breakfast for Lunch Pancakes Breakfast Sausage Potato Tots Fresh or Chilled Fruit</p>
<p>29 Chicken Fajita Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>Happy Thanksgiving! </p>		<p>30 Meatball Parmesan Hero French Fries Fresh or Chilled Fruit</p>	<p>25 </p>

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.



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