



# Mount Arlington

## October 2017 Lunch Menu



**Cook Up your own Recipe for Success during National School Lunch Week!**

This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

<b>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</b>	Student Lunch	\$3.00
	Reduced Lunch	\$0.40
	Adult Lunch	\$3.50

### Maschio's Swap Outs

**Monday:** Grilled Cheese Sandwich

**Tuesday:** Popcorn Chicken with a Dinner Roll

**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
2 <b>Popcorn Chicken with Dipping Sauces</b> Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 <b>Hamburger or Cheeseburger on a Bun</b> Smiley Fries Fresh or Chilled Fruit	4 <b>National Taco Day!</b> Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit	5 <b>BBQ Grilled Chicken Sandwich</b> Country Slaw Vegetarian Baked Beans Applesauce	6 <b>Vinny's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 <b>School Closed</b>	10 <b>Pasta with Meatballs</b> Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 <b>Breakfast for Lunch</b> French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	12 <b>New Recipe!</b> #Throwback Thursday <b>Cheeseburger Mac &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	13 <b>Calzones w/Marinara Sauce</b> Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
16 <b>Crispy Chicken BLT on a Roll</b> Fresh Cucumber Coins Fresh or Chilled Fruit	17 <b>All Natural Beef Hot Dog on a Bun</b> French Fries Fresh or Chilled Fruit	18 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 <b>Breakfast for Lunch</b> Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 <b>Vinny's Pizza</b> Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	24 <b>New Recipe!</b> <b>Chicken Fried Rice</b> Steamed Vegetables Mandarin Oranges Fortune Cookie	25 <b>Meatball Parm Hero</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 <b>Chicken Nuggets</b> Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>Bella's Pizza</b> New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 <b>New Item!</b> <b>Chicken Tenders Basket</b> Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit	31 <b>HALLOWEEN Turkey Corn Dog Nuggets</b> Sweet Potato Tots 100% Juice Watermelon			

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"