

High School

Sample Lunch Menu

Student Lunch \$0.00 Reduced Lunch \$0.00 Adult Lunch \$0.00

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

MEDITERRANEAN
BISTRO

NY Style or Personal Pan Pizza
with Toppings

Fast &
Fresh

Assorted Freshly Prepared
Specialty Salad Meals

Great
Grillers

Hamburger or Cheeseburger on a Bun
Philly Cheesesteak Hero
Meatball Sub
Buffalo Chicken Wrap

Deli
Central

Assorted Quality Deli Meats and
Cheeses with Fresh Toppings on Fresh
Rolls, Breads, and Wraps

Harvest
Market

Carrot Sticks, Featured Salads,
Bean Salad, or Veggie Dippers
Featured Daily

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**



Check us out on Facebook: Maschio's Food Services, Inc.

The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

31 Welcome Back! California Steak & Cheddar Melt with Lettuce & Tomatoes Garlic Herb Fries Watermelon Chunks	1 Firecracker Chicken Sandwich with Sweet Chili Mayo Green Beans Fresh or Chilled Fruit	2 Tacos with Beef, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Corn Fresh or Chilled Fruit	3 Hot Ham and Cheese on a Roll Potato Wedges Warm Cinnamon Apples Fresh or Chilled Fruit	4 Buffalo Chicken Wrap Freshly Prepared Garden Salad Fresh or Chilled Fruit
7 Labor Day	8 Grilled Cheese on Texas Toast Sweet Potato Tots Fresh or Chilled Fruit	9 General Tso's Chicken Rice Steamed Broccoli Fresh or Chilled Fruit	10 New Item Buffalo Chicken Mac and Cheese Garlic Breadstick Green Beans Fresh or Chilled Fruit	11 Chicken Gyro Pita with Lettuce, Tomatoes & Cucumber Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit
14 Chicken Parm Hero Honey Glazed Carrots Fresh or Chilled Fruit National Honey Month	15 Pasta Day with Meatballs Garlic Breadstick Broccoli Italiano Fresh or Chilled Fruit	16 New Item Nardone Bros. Pizza of the Month Ranchero Pizza with Beef, Lettuce, Tomatoes, and Ranch Dressing Southwestern Corn Fresh or Chilled Fruit	17 The MAC Burger on a Bun with Cheese, Lettuce, & Thousand Island Dressing Oven Baked Fries Warm Peach Crisp Fresh or Chilled Fruit	18 Pizza Sticks with Marinara Sauce Pasta Marinara Green Bean Salad Fresh or Chilled Fruit
21 Harvest Salad with Chicken, Apples, Mandarin Oranges, Romaine & Spring Mix Lettuce, Shredded Carrots, & Cucumbers Toasted Pita Wedges Jersey Fresh or Chilled Fruit	22 Meatball Hero Jersey Fresh Cucumber & Tomato Salad Fresh or Chilled Fruit	23 New Item Fiesta Lasagna with Beef, Cheese, and Salsa Tortilla Chips Corn Jersey Fresh or Chilled Fruit	24 Rodeo Burger on a Bun with Onion Rings and BBQ Sauce Oven Baked Fries Jersey Fresh or Chilled Fruit	25 Buffalo Chicken Pizza Jersey Fresh Pepper Dippers Fresh or Chilled Fruit
28 Mashed Potato Bowl with Popcorn Chicken, Corn, and Cheese Dinner Roll Fresh or Chilled Fruit	29 MAC Rib on a Bun with Pickles Baked Beans Sweet Potato Fries Fresh or Chilled Fruit	30 Chicken Bruschetta Pasta Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	Jersey Fresh Farm to School Week  Farm Fresh Produce will be available from September 21st through the 25th. Look out for the Jersey Fresh Symbol on the lunch line! Local produce decreases the food miles from the farm to your cafeteria. Local fruits and vegetables are in season and taste great!	

MENU SUBJECT TO CHANGE

Questions or Concerns?

Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at Your School


Food Services, Inc.

"This institution is an equal opportunity provider"