



# Elementary/Intermediate School

## Sample Lunch Menu

Healthy Meals Grow Healthy Kids!



### Mac's Nutrition News: *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!**

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

### Maschio's Swap Outs

**Monday:** Turkey & Cheese Wrap with Lettuce and Tomatoes

**Tuesday:** Beef Taco Salad with Salsa and Tortilla Chips

**Wednesday:** Italian Hero with Lettuce and Tomatoes

**Thursday:** Grilled Chicken Caesar Salad with a Dinner Roll

**Friday:** Turkey Sliders with Cheese

### Maschio's Swap Outs Available Daily

Bagel Bag Meal

Yogurt Bag Meal

Fruit & Cheese Platter with Pita

# MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31 Welcome Back Picnic</b> Sabrett's All Natural Beef Hot Dog on a Bun Puzzle Fries Watermelon Chunks	<b>1 Crispy Chicken Nuggets</b> Dinner Roll Green Beans Fresh or Chilled Fruit	<b>2 Twin Tacos with Beef, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Rice Corn Fresh or Chilled Fruit	<b>3 Breakfast for Lunch Pancakes</b> Breakfast Sausages Hash Browns Warm Cinnamon Apples	<b>4 New York Style Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
<b>7 Labor Day</b>	<b>8 Grilled Cheese Sandwich</b> Sweet Potato Tots Fresh or Chilled Fruit	<b>9 Popcorn Chicken with Sweet and Sour Sauce</b> Rice Steamed Broccoli Fresh or Chilled Fruit	<b>10 Macaroni and Cheese</b> Warm Pretzel Stick Green Beans Fresh or Chilled Fruit	<b>11 Personal Pan Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>14 Crispy Chicken Sandwich</b> Honey Glazed Carrots Fresh or Chilled Fruit	<b>15 Pasta Day with Meatballs</b> Broccoli Italiano Fresh or Chilled Fruit	<b>16 Lucky Tray Day Nardone Bros. Pizza of the Month</b> Ranchero Pizza with Beef, Lettuce, Tomatoes, and Ranch Dressing Steamed Corn Fresh or Chilled Fruit	<b>17 Mini Burger Sliders</b> Oven Baked Fries Warm Peach Crisp	<b>18 Pizza Sticks with Marinara Sauce</b> Green Bean Salad Fresh or Chilled Fruit
<b>21 Grilled Chicken Caesar Salad</b> Toasted Pita Wedges Jersey Fresh or Chilled Fruit	<b>22 Meatball Parm Hero</b> Jersey Fresh Cucumber & Tomato Salad Fresh or Chilled Fruit	<b>23 Cheese Quesadilla with Lettuce, Tomatoes, and Salsa</b> Corn Jersey Fresh or Chilled Fruit	<b>24 Breakfast for Lunch Waffles</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Jersey Fresh or Chilled Fruit	<b>25 Stuffed Crust Pizza</b> Jersey Fresh Pepper Dippers Fresh or Chilled Fruit
 <b>28 Crispy Chicken Nuggets</b> Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	<b>29 Hamburger or Cheeseburger on a Bun</b> Tater Tots Fresh or Chilled Fruit	<b>30 Cheesy Pasta Bites with Marinara Sauce</b> Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>Jersey Fresh Farm to School Week</b>	
				<b>America on the Move:</b> Make at least half of your grains whole grain-rich for all your meals. 

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!**

**MENU SUBJECT TO CHANGE**



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



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

Questions or Concerns?  
 Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 or Call Maschio's Food Services at Your School



"This institution is an equal opportunity provider"