

# Middle 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

**Fast & Fresh**      Assorted Freshly Prepared Specialty Salad Meals

**Great Grillers**      Hamburger or Cheeseburger on a Bun  
Grilled Chicken on a Bun

**Deli Central**      Made to Order Sandwiches:  
Assorted Quality Deli Meats and Cheeses with a Variety of 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 **600-700 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
<b>31 Welcome Back Picnic</b> Sabrett's All Natural Beef Hot Dog on a Bun Puzzle Fries Watermelon Chunks	<b>1 Firecracker Chicken Sandwich with Sweet Chili Mayo</b> Green Beans Fresh or Chilled Fruit	<b>2 Tacos with Beef, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Rice Corn Fresh or Chilled Fruit	<b>3 Hot Ham and Cheese on a Roll</b> Potato Wedges 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 on Texas Toast</b> Sweet Potato Tots Fresh or Chilled Fruit	<b>9 Sweet and Sour Chicken</b> Rice Steamed Broccoli Fresh or Chilled Fruit	<b>10 Mac 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 Chicken Parm Hero</b> Honey Glazed Carrots Fresh or Chilled Fruit	<b>15 Pasta Day with Meatballs</b> Garlic Breadstick Broccoli Italiano Fresh or Chilled Fruit	<b>16 New Item Nardone Bros. Pizza of the Month</b> <b>Ranchero Pizza with Beef, Lettuce, Tomatoes, and Ranch Dressing</b> Southwestern Corn Fresh or Chilled Fruit	<b>17 The MAC Burger on a Bun with Cheese, Lettuce, &amp; Thousand Island Dressing</b> Oven Baked Fries Warm Peach Crisp	<b>18 Pizza Sticks with Marinara Sauce</b> Green Bean Salad Fresh or Chilled Fruit
<b>21 Harvest Salad with Chicken, Apples, Mandarin Oranges, Romaine &amp; Spring Mix Lettuce, Shredded Carrots, &amp; Cucumbers</b> Toasted Pita Wedges Jersey Fresh or Chilled Fruit	<b>22 Meatball Hero</b> Jersey Fresh Cucumber & Tomato Salad Fresh or Chilled Fruit	<b>23 New Item Fiesta Lasagna with Beef, Cheese, and Salsa</b> Tortilla Chips Corn Jersey Fresh or Chilled Fruit	<b>24 Rodeo Burger on a Bun with Onion Rings and BBQ Sauce</b> Oven Baked Fries Jersey Fresh or Chilled Fruit	<b>25 Stuffed Crust Pizza</b> Jersey Fresh Pepper Dippers Fresh or Chilled Fruit
<b>28 Mashed Potato Bowl with Popcorn Chicken, Corn, and Cheese</b> Dinner Roll Fresh or Chilled Fruit	<b>29 MAC Rib on a Bun with Pickles</b> Sweet Potato Fries Fresh or Chilled Fruit	<b>30 Chicken Bruschetta Pasta</b> Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>Jersey Fresh Farm to School Week</b>  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](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at Your School

  
 "This institution is an equal opportunity provider"