

BRRSD High School

November 2016
Lunch Menu

Student Lunch \$2.95 Reduced Lunch \$0.40 Adult Lunch \$3.70

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 a Variety of Toppings

Fast &
Fresh

Assorted Specialty
Salad Meals

Great
Grillers

Cheeseburger on a Bun
Hot Dog on a Bun
Buffalo or Chicken Patty on a Bun

Deli
Central

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

Harvest
Market

Fresh Vegetables, 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.**

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 908-231-8660 ext. 2232

The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 Beef Soft Flour Taco with Cheddar Cheese, Lettuce, Tomato, Salsa Steamed Rice Fiesta Corn Fresh or Chilled Fruit</p>	<p>2 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>3 New Item! Sandwich Day Crispy Chicken BLT on a Croissant Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>4 Buffalo Chicken Wrap Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
	<p>7 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheese, Mashed Potatoes, Corn, & Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p>8 Cheesesteak Hero with Peppers and Onions Roasted Sweet Potato Bites Fresh or Chilled Fruit</p>	<p>9 Domino's Pizza Potato Wedges Fresh or Chilled Fruit</p>	<p>10 School Closed</p>
	<p>14 Firecracker Chicken Sandwich with Boom Boom Sauce Freshly Prepared Cucumber Tomato Salad Fresh or Chilled Fruit</p>	<p>15 Chicken Fajita Wrap with Peppers & Onions, Shredded Cheddar Cheese, Lettuce & Tomato Steamed Corn Fresh or Chilled Fruit</p>	<p>16 Frank's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>17 Thanksgiving Dinner Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit Pear Crisp</p>
	<p>21 Chicken Tender Basket with Soft Pretzel Stick Tater Tots Fresh or Chilled Fruit</p>	<p>22 New Item! Breakfast for Lunch Sausage, Egg & Cheese on a Croissant Roasted Sweet Potato Bites Fresh or Chilled Fruit</p>	<p>23 Half Day No Lunch Served</p>	<p>24 25 Happy Thanksgiving </p>
	<p>28 Sweet & Sour Chicken with Rice Steamed Vegetables Fresh or Chilled Fruit</p>	<p>29 Grilled Cheese on Texas Toast Tomato Soup Honey Glazed Carrots Fresh or Chilled Fruit</p>	<p>30 Frank's Pizza Broccoli Italiano Fresh or Chilled Fruit</p>	<p><i>Try to fill at least half your plate with fruits and vegetables!</i> </p>

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- Create low balance email alerts
- Monitor purchases and account balance

MENU SUBJECT TO CHANGE


"This institution is an equal opportunity provider"