



NOVEMBER

Memorial School Lunch

MONDAY

1

MEAT LESS
monday

- Bagel Bag & Yogurt Meal

TUESDAY

2

- Italian Sub or Hoagie
- Baby Carrots

WEDNESDAY

3

- Turkey and Cheese Hero
- Baby Carrots

THURSDAY

4

No School

FRIDAY

5

No School

8

POP CORN CHICKEN BASKET

- Popcorn Chicken
- Soft Pretzel Stick
- Tater Tots
- Daily Maschio's Swap Out
- Italian Sub or Hoagie

9

TACO TUESDAY

- Triple Chicken Tacos with Shredded Cheddar Cheese, Lettuce, Tomato & Salsa
- Steamed Corn
- Daily Maschio's Swap Out
- Turkey and Cheese Sandwich

10

- Cheeseburger on a Bun
- Crinkle Cut French Fries
- Daily Maschio's Swap Out
- Ham and Cheese Sandwich

11

- Creamy Mac & Cheese
- Dinner Roll
- Sautéed Broccoli
- Daily Maschio's Swap Out
- Italian Sub or Hoagie

12

- Assorted Pizza
- Freshly Prepared Cucumber & Tomato Salad
- Daily Maschio's Swap Out
- Turkey and Cheese Sandwich

15

- Chicken Tenders
- Cinnamon Churro
- Fiesta Corn
- Daily Maschio's Swap Out
- Italian Sub or Hoagie

16

- Hot Dog on a Bun
- Vegetarian Baked Beans
- Daily Maschio's Swap Out
- Turkey and Cheese Sandwich

17

- Cheeseburger on a Bun
- Battered French Fries
- Daily Maschio's Swap Out
- Ham and Cheese Sandwich

18

- Holiday Menu**
- Roast Turkey with Gravy
 - Mini Cornbread Loaf
 - Mashed Potatoes
 - Sautéed Green Beans
 - Orange Sorbet
 - Daily Maschio's Swap Out
 - Italian Sub or Hoagie

19

- NY Style Pizza
- Freshly Prepared Caesar Salad
- Daily Maschio's Swap Out
- Turkey and Cheese Sandwich

22

- Crispy Chicken Sandwich
- Seasoned Potato Wedges
- Daily Maschio's Swap Out
- Italian Sub or Hoagie

23

- Hot Dog on a Bun
- Vegetarian Baked Beans
- Daily Maschio's Swap Out
- Turkey and Cheese Sandwich

24

- Bagel Bag & Yogurt Meal

25

Thanksgiving

26

Thanksgiving Break

29

MEAT LESS
monday

- Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce
- Italian Green Beans
- Daily Maschio's Swap Out
- Italian Sub or Hoagie

30

Green Waffles to Go

- Whole Grain Waffles
- Breakfast Sausages
- Sweet Potato Fries
- Daily Maschio's Swap Out
- Turkey and Cheese Sandwich

Lunch Prices
• Student Lunch: \$0.00
• Reduced Lunch: \$0.00
• Adult Lunch: \$3.40

Harvest Market:
Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Daily SWAP Outs:
• Bagel Bag w/ Yogurt & Cheese

*Menu is Subject to Change

Nutrition Info K-8: 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. Menus are Subject to Change. Please note Maschio's Nutrilite carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrilite Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.



QUESTIONS OR COMMENTS?
Please call us at (973) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!

Lunch Served with Choice of: Fresh Fruit, Assorted Chilled Fruit, 1% White Milk, Fat Free Chocolate Milk

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