

Kiel Elementary School

October 2017 Lunch Menu



Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

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	\$3.25
Reduced Lunch	\$0.40
Adult Lunch	\$3.75

Maschio's Swap Outs

Monday: Crispy Chicken Salad with Dinner Roll

Tuesday: Peanut Butter & Jelly Sandwich

Wednesday: Muffin Meal

Thursday: Bagel Bag Meal

Friday: Yogurt Bag Meal


Maschio's Swap Outs Available Daily

Cereal Bag Meal
Yogurt Bag Meal
Muffin Bag Meal
Peanut Butter & Jelly Sandwich
Chicken Caesar Salad with Dinner Roll

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken with Dipping Sauces Warm Breadstick Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Tater Tots Watermelon Sorbet Fresh or Chilled Fruit	4 National Taco Day! Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Black Beans Corn Fresh or Chilled Fruit	5 Crispy Chicken Sandwich Country Slaw Vegetarian Baked Beans Strawberry Applesauce	6 AJ's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Half Day No Lunch Served	10 Chicken Parm with Buttered Noodles Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 Breakfast for Lunch Pancakes Breakfast Sausage Hash Browns Fresh or Chilled Fruit	12 New Recipe! #Throwback Thursday Cheeseburger Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	13 AJ's Pizza Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
NATIONAL SCHOOL LUNCH WEEK				
16 Lucky Tray Day Crispy Chicken Sandwich Oven Baked Fries Fresh or Chilled Fruit	17 All Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! Tortilla Chips Black Beans Fresh or Chilled Fruit	19 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 AJ's Pizza Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 Popcorn Chicken with Dipping Sauce Steamed Vegetables Mandarin Oranges Fortune Cookie	24 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	25 All Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit	26 Chicken Nuggets Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit	27 AJ's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 New Item! Chicken Tenders Basket Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit	31 HALLOWEEN Turkey Corn Dog Nuggets Sweet Potato Tots 100% Juice Orange Sorbet			

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!**

Questions or Concerns?
Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: (973)838-5515.



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"