

# Lopatcong Middle School

## August & September 2017 Lunch Menu



Farm Fresh Produce will be available from September 25th through the 29th.

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

**Fast & Fresh**

**Bagel Bag**– Bagel with Cheese Sticks

**Cereal Bag**– Cereal, Heartzel Pretzels, and Cheese Sticks

**MEDITERRANEAN BISTRO**

**NY Style or Personal Pan Pizza with Assorted Toppings**

**Great Grillers**

Assorted Hamburgers with or without Cheese

Buffalo or Plain Chicken Patty on a Bun

Hot Dog on a Bun

Corn Dog

**Deli Central**

Freshly Prepared Assorted Quality Deli Sandwiches

Freshly Prepared Assorted Salad Meals with Whole Grain Rolls

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

Monday	Tuesday	Wednesday	Thursday	Friday
28 <b>Welcome Back!</b> Crispy Chicken Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet	29 Meatball Parm Sandwich Smile Fries Fresh or Chilled Fruit	30 <b>Breakfast for Lunch</b> French Toast Sticks Breakfast Sausage Sweet Potato Tots Fresh or Chilled Fruit	31 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	1 <b>School Closed</b>
4 <b>Labor Day</b> <b>School Closed</b>	5 Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	6 Corn Dog Nuggets Baked Beans Cucumber & Tomato Salad Fresh or Chilled Fruit	7 <b>Breakfast for Lunch</b> French Toast Sticks Breakfast Sausage Sweet Potato Tots Fresh or Chilled Fruit	8 <b>Pizza Express Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Chicken Nuggets Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	12 <b>Taco Tuesday</b> Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13 <b>Lucky Tray Day</b> Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	15 <b>Pizza Express Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Popcorn Chicken with Dipping Sauces Buttered Noodles Carrots Fresh or Chilled Fruit	19 <b>Breakfast for Lunch</b> Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Strawberry Applesauce	21 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 <b>Pizza Express Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit
25 Grilled Chicken Sandwich with Lettuce & Tomato Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26 <b>Johnny Appleseed Day</b> Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Apple	27 Corn Dog Nuggets Baked Beans Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	28 <b>Pizza Express Pizza</b> Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit	29 <b>EARLY DISMISSAL NO LUNCH SERVED</b>

## Jersey Fresh Farm to School Week

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!

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 908-859-0800

Please Make Checks Payable To:  
Lopatcong Board of Education

MENU SUBJECT TO CHANGE

  
"This institution is an equal opportunity provider"