

# Lopatcong 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 \$2.85

Reduced Lunch \$0.40

Adult Lunch \$3.50



### Maschio's Swap Outs

**Monday:** Mozzarella Sticks With Marinara Sauce and Dinner Roll

**Tuesday:** Assorted Pizza

**Wednesday:** Pancakes w/ Breakfast Sausage

**Thursday:** Popcorn Chicken with Dinner Roll

**Friday:** Cheese Quesadilla with Salsa

### Maschio's Swap Outs Available Daily

**Muffin Bag** with Muffin and Cheese Sticks

**Cereal Bag** with Cereal, Heartzle Pretzles, and Cheese Sticks

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	4 <b>National Taco Day!</b> Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit	5 <b>Breakfast for Lunch Waffles</b> Breakfast Sausage Tater Tots Strawberry Applesauce	6 <b>Pizza Express Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 <b>School Closed</b>	10 <b>Breakfast for Lunch French Toast</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	11 <b>New Recipe! Cheeseburger Mac &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	12 <b>All Natural Beef Hot Dog on a Bun</b> Vegetarian Baked Beans Fresh or Chilled Fruit	13 <b>Pizza Express Pizza</b> Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
16 <b>Chicken Nuggets</b> Dinner Roll Mashed potato Fresh or Chilled Fruit	17 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	18 <b>Cheese Steak Calzone</b> Fresh Cucumber Coins Fresh or Chilled Fruit	19 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 <b>Pizza Express Pizza</b> Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 <b>Sweet &amp; Sour Popcorn Chicken</b> Steamed Vegetables Mandarin Oranges Fortune Cookie	24 <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	25 <b>Pasta with Meat Sauce</b> Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 <b>Nacho Platter</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tortilla Chips Steamed Corn Fresh or Chilled Fruit	27 <b>Pizza Express Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 <b>New Item! Chicken Tenders Basket</b> Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit	31 <b>HALLOWEEN Corn Dog Nuggets</b> 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](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"