

# Lopatcong Middle 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

**Fast & Fresh**

**Bagel Bag**– Bagel with Cheese Sticks  
**Cereal Bag**– Cereal, Hartzel 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

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 Tater Tots 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>BBQ Grilled Chicken Sandwich</b> Country Slaw Vegetarian Baked Beans Strawberry Applesauce	6 <b>Pizza Express Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 <b>School Closed</b>	1 <b>Cheese Steak Sandwich</b> Baked Fries Fresh or Chilled Fruit	11 <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	12 <b>New Recipe!</b> #Throwback Thursday <b>Cheeseburger Mac &amp; Cheese</b> Bread Stick Steamed Broccoli 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>Crispy Chicken BLT on a Roll</b> Fresh Cucumber Coins Fresh or Chilled Fruit	17 <b>All Natural Beef Hot Dog on a Bun</b> French Fries Fresh or Chilled Fruit	18 <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	19 <b>Breakfast for Lunch</b> <b>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>Pizza Sticks with Marinara</b> Fresh Caesar Salad Fresh or Chilled Fruit	24 <b>New Recipe!</b> <b>Chicken Fried Rice</b> Steamed Vegetables Mandarin Oranges Fortune Cookie	25 <b>Chicken Fajita Wrap</b> Steamed Corn Fresh or Chilled Fruit	26 <b>Chicken Nuggets</b> Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>Pizza Express Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 <b>New Item!</b> <b>Chicken Tenders Basket</b> Smile Fries <b>Pumpkin Pretzel</b> Fresh or Chilled Fruit	31 <b>HALLOWEEN</b> <b>Corn Dog On a Stick</b> Sweet Potato Tots 100% Juice Orange Sorbet			

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"