



Hopatcong Middle School

October 2016
Lunch Menu

Student Lunch \$3.00 Reduced Lunch \$0.40 Adult Lunch \$3.75

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

MEDITERRANEAN
BISTRO

NY Style or Personal Pan Pizza
with a Variety of Toppings

Fast &
Fresh

Assorted Freshly Prepared
Specialty Salad Meals

Great
Grillers

Hamburger or Cheeseburger on a Bun
Crispy Chicken Sandwich
Spicy Buffalo Chicken Sandwich

Deli
Central

Freshly Prepared Sandwiches with
Quality Deli Meats and Cheeses on
Fresh Rolls, Breads, and Wraps with a
Variety of Fresh Toppings

Harvest
Market

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

Our well-balanced lunches available for the week, average between 600-700 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!



Check us out on Facebook: Maschio's Food Services, Inc.

The Main Event

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parm Hero Freshly Prepared Garden Salad Fresh or Chilled Fruit	4 1/2 Day No Lunch	5 1/2 Day No Lunch	6 1/2 Day No Lunch	7 Mini Pepperoni Calzones with Marinara Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit
10 Columbus Day School Closed 	11 Nacho "Party" Platter with Taco Meat, Shredded Cheese, Lettuce, Tomatoes, and Salsa Corn Fresh or Chilled Fruit	12 Super Cheesesteak Hero with Peppers and Onions Spiral Fries Fresh or Chilled Fruit	13 Chicken "Team" Tenders Basket with Tater Tot "Dunkers" Warm Breadstick Fresh or Chilled Fruit	14 New Item! Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit 
SHOW YOUR SPIRIT FOR NATIONAL SCHOOL LUNCH WEEK!				
17 Firecracker Chicken Sandwich with Boom Boom Sauce Carrots Fresh or Chilled Fruit	18 New Item! Rodeo Burger on a Bun with Onion Rings & BBQ Sauce Battered French Fries Fresh or Chilled Fruit	19 Chicken Fajitas Shredded Cheddar Cheese, Shredded Lettuce, Tomatoes, and Salsa Corn Fresh or Chilled Fruit	20 New Items! Vegetarian Day Pasta Alfredo with Garden Veggies Herbed Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	21 Breakfast for Lunch Ham, Egg & Cheese on a Croissant Hash Browns Strawberry Applesauce
24 Popcorn Chicken Dinner Roll Farm Fresh Country Coleslaw Farm Fresh Fruit 	25 Home Style Mac & Cheese Warm Breadstick Steamed Carrots Fresh or Chilled Fruit	26 Pumpkin Day Grilled Chicken Breast Green Beans Fresh or Chilled Fruit Pumpkin Swirl Roll	27 New Item! Potato Day BBQ Rib Patty Pickle Chips Dinner Roll Loaded Fresh Baked Potato with Broccoli & Cheese Fresh or Chilled Fruit	28 New Item! Mini Pizza Bagels Sautéed Spinach Fresh or Chilled Fruit
31 MONSTER Mozzarella Sticks with Marinara Sauce 800 Breadstick GHOUlish Garden Salad Fresh or Chilled Fruit 	CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 10TH-14TH   			

MENU SUBJECT TO CHANGE

Questions or Concerns? Please Visit
www.MaschioFood.com
 Or Call Maschio's Food Services at: 973-398-2028


 Maschio's
 Food Services, Inc.

"This institution is an equal opportunity provider"