

Morris County Vocational School District

December 2017
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**

Great Grillers **Hamburger or Cheeseburger on a Bun**
Plain or Spicy Chicken Sandwich

Deli Central **Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings**

Harvest Market **Assorted Freshly Prepared Specialty Salad Meals and Made-to-Order Salad Meals**

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**



Connect with us!



The Main Event

Monday Tuesday Wednesday Thursday Friday

HAPPY HOLIDAYS

1 BBQ Chicken Rodeo Sandwich Onion Rings Fresh Veggie Dippers Fresh or Chilled Fruit				
4 Buffalo Chicken Panini Smile Fries Dinner Roll Fresh Apple	5 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Pasta Bar! Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Cheese Sandwich Tomato Soup Vegetable Dippers Fresh or Chilled Fruit	8 New Recipe! Sweet Chili Beef and Noodle Bowl with Green Beans Fresh or Chilled Fruit
11 Chicken Tenders Seasoned Potato Wedges Fresh or Chilled Fruit	12 Sheppard's Pie Mashed Sweet Potatoes Apple Crisp Fresh or Chilled Fruit	13 Mac N' Cheese Bar Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	14 Cheese Steak Calzones Tater Tots Fresh or Chilled Fruit	15 Chicken & Cheese Quesadilla with Salsa & Sour Cream Spicy Black Bean Salad Fresh or Chilled Fruit
18 Plain or Buffalo Chicken Tender Basket with Tater Tots and Breadstick Fresh or Chilled Fruit	19 Pepperoni Calzones Steamed Broccoli Fresh or Chilled Fruit	20 Holiday Meal Roast Turkey Cranberry Sauce, Mashed Sweet Potatoes, Steamed Corn Fresh or Chilled Fruit Holiday Pretzel	21 First Day of Winter  Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Half Day Assorted Pizzas Steamed Veggies Fresh or Chilled Fruit
25 26 27 28 29 Enjoy your Winter Break & Have a Happy New Year!				

Questions or Concerns?
Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 973-627-4600

