

# Frelinghuysen

## 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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$4.00

Maschio's Swap Outs

**AVAILABLE MONDAY, WEDNESDAY & FRIDAY**

Popcorn Chicken w/ Dinner Roll

**Tuesday and Thursday:**

Crispy Chicken Salad w/ Dinner Roll

Maschio's Swap Outs Available Daily

**Bagel Bag** with Bagel and Cheese Sticks

**Cereal Bag:** Cereal, Cheese Sticks, Vegetable & WG Pretzels

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Pretzel Dog</b> Tater Tots Baked Beans Fresh or Chilled Fruit	3 <b>Ham, Egg &amp; Cheese on a Bun</b> Smiley Potatoes 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>Cesco's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 <b>School Closed</b>	10 <b>Pasta with Meatballs</b> Garlic Breadstick Freshly Prepared Spring Mix Salad 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>Grilled Cheese Sandwich</b> Steamed Broccoli Fresh or Chilled Fruit	13 <b>Cesco's Locally Grown Cucumber &amp; Tomato Salad</b> Fresh or Chilled Fruit
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
16 <b>Lucky Tray Day</b> <b>Crispy Chicken 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>Cesco's Pizza</b> Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 <b>Grilled Ham &amp; Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	24 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 <b>Mozzarella Sticks w/ Marinara Sauce</b> Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 <b>Chicken Nuggets</b> Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>Cesco's Pizza</b> Freshly Prepared 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 Nuggets</b> Baked Fries 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: 908-362-7452

Lunch Tickets are available in the cafeteria:  
10 for \$00.00 / 20 for \$00.00

**Please Make Checks Payable To:  
Frelinghuysen Township School**

**MENU SUBJECT TO CHANGE**



"This institution is an equal opportunity provider"