

Morris County Vocational School District

February 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 **Made-to-Order and Grab & Go:**
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!**

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

The Main Event

Monday Tuesday Wednesday Thursday Friday

		1 Pasta Bar with choice of Meat Sauce, Alfredo Sauce, or Meatballs with Marinara Sauce Garlic Bread Broccoli Italiano Fresh or Chilled Fruit	2 New Item! Super "Burrito" Bowl Beef Burrito Bowl with Beans, Cheddar Cheese, Rice, & Peppers & Onions Steamed Corn Fresh Orange Wedges Super Bowl Celebration	3 BBQ Pulled Pork Sliders Sweet Potato Tots Fresh or Chilled Fruit
6 Roasted Buffalo Chicken Celery & Carrot Dippers Potato Wedges Fresh or Chilled Fruit	7 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	8 New Item! Ham & Cheese Panini Home-Style Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	9 Lo Mein Bar with Vegetables Choice of Beef Or Chicken Vegetable Egg Roll Fresh or Chilled Fruit	10 Mozzarella Sticks Freshly Prepared House Salad Fresh or Chilled Fruit
13 Chicken Tender Basket with Warm Pretzel Stick & Tater Tots Fresh or Chilled Fruit	14 New Items! Cheese Steak Hero With Onions and Peppers French Fries Fresh or Chilled Fruit Heartzel's Pretzels Valentine's Day	15 Chicken Parm with Pasta Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	16 New Item! Breakfast for Lunch Ham, Egg, & Cheese on a Croissant Sweet Potato Tots Fresh or Chilled Fruit	17 New Item! Cheesy Buffalo Chicken Flatbread Steamed Corn Fresh or Chilled Fruit
20 School Closed	21 BBQ Pulled Pork Sandwich Smile Fries Fresh or Chilled Fruit	22 Roast BBQ Chicken with Rice Baked Beans Sautéed Spinach Fresh or Chilled Fruit	23 New Item! Top Your Own All Beef Burger or Cheeseburger on a Bun with Lettuce, Tomatoes, & Onions Carrot Raisin Salad Fresh or Chilled Fruit NASCAR "Race to Good Nutrition"	24 Pasta Bar Pasta with Marinara Sauce, Meat-Sauce OR Meatballs OR Chicken Pesto Freshly Prepared Italian House Salad Fresh or Chilled Fruit
27 New Item! Chicken Fajita Burrito Home-Style Veggie Tortilla Soup Fresh or Chilled Fruit National Tortilla Day	28 Pizza Day! Buffalo Chicken Pizza Sausage & Peppers Pizza Margareta Pizza Seasoned Potato Wedges	 <p>Keep your heart happy by choosing healthy options!</p>		

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


"This institution is an equal opportunity provider"