

Morris County Vocational School District

March 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**

The Main Event

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>HAPPY SPRING!</p>		<p>1 Pancake Bar! Warm Pancakes Choice of Toppings Warm Fruit Crisp Tator Tots Fresh or Chilled Fruit</p>	<p>2 Burrito Bowl Bar Choice of Protein & Toppings Fiesta Corn 100% Juice Sorbet Fresh or Chilled Fruit</p>	<p>3 Twisted Cheesy Breadsticks with Marinara Sauce Pasta Marinara Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>6 School Closed</p>	<p>7 Ham & Cheese Panini Roasted Veggies Fresh or Chilled Fruit</p>	<p>8 New Item! Pasta Bar with choice of Meat Sauce, Alfredo Sauce, or Meatballs Marinara Garlic Bread Green Beans Italiano Fresh or Chilled Fruit</p>	<p>9 New Item! Breakfast for Lunch Ham, Egg, & Cheese on a Kaiser Roll Tator Tots Fresh or Chilled Fruit</p>	<p>10 Pizza Burger on a Bun Spiral Fries Fresh or Chilled Fruit</p>
<p>ARE YOU UP FOR THE CHALLENGE?</p>		<p>CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!</p>		
<p>13 Balsamic Chicken Hero Fresh Basil, Balsamic Glaze & Mozzarella Served with Roasted Veggies Fresh or Chilled Fruit</p>	<p>14 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS![®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>15 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit</p>	<p>16 The MAC Burger on a Bun with Cheese, Thousand Island Dressing, & Pickles Smile Fries Fresh or Chilled Fruit</p>	<p>17 Sheppard's Pie Warm Fruit Crisp Roasted Veggies Fresh or Chilled Fruit</p>
<p>20 Chicken Tenders Choice of sauces Tator Tots Home-Style Peach Crisp Fresh or Chilled Fruit 1st Day of Spring</p>	<p>21 Chinese Stir Fried Rice Bar Choice of Protein, Toppings & Sauces Spicy Green Beans Fresh or Chilled Fruit</p>	<p>22 Chicken Parm with Pasta Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit</p>	<p>23 New Item! iHot Dog Bar Choice of Toppings Baked Beans Fresh or Chilled Fruit</p>	<p>24 Mini Pepperoni & Cheese Calzones with Marinara Sauce Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>27 Flat Bread Pizza Pepperoni or Plain Served with Roasted Veggies Fresh or Chilled Fruit</p>	<p>28 Burrito Bowl Bar Choice of Protein & Toppings Fiesta Corn 100% Juice Sorbet Fresh or Chilled Fruit</p>	<p>29 Pulled Pork Platter BBQ Baked Beans, Country Slaw, Dinner Roll Warm Pear Crisp Fresh or Chilled Fruit</p>	<p>30 Roast Chicken with Rice Baked Beans Sautéed Spinach Fresh or Chilled Fruit</p>	<p>31 Mozzarella Sticks with Marinara Sauce Dinner Roll Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>

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.**

MENU SUBJECT TO CHANGE

Questions or Concerns?

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



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