

Passaic Arts & Science Middle School November 2018 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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	\$2.90
Reduced Lunch	\$0.40
Adult Lunch	\$3.75

Maschio's Swap Outs

Monday: Crispy Chicken salad with a Dinner Roll

Tuesday: Turkey & Cheese Sandwich

Wednesday: Turkey, Ham, and Cheese Sandwich

Thursday: Italian Sub

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Assorted Halal Sandwiches

- Yogurt Bag
- Bagel Bag
- Cereal Bag
- Fruit & Cheese Platter with Pita

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: #c00; font-weight: bold;">Try to fill at least half your plate with fruits and vegetables!</p>				
<p>6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>1 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3 Stuffed Crust Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>13 Crispy Chicken Sandwich Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>14 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>8 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>9 Pasta with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>10 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit</p>
<p>20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p>21 Lucky Tray Day Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit</p>	<p>15 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit</p>	<p>16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>17 Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>22 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit</p>	<p>23 School Closed</p> <p style="color: #c00; font-weight: bold; font-size: 1.2em;">Happy Thanksgiving!</p>	
<p>27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 Philly Cheesesteak Hero French Fries Warm Pear Crisp</p>	

Our well-balanced lunches available for the week, average between **550-650 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
or Call Maschio's Food Services at: (973)928-5544

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"