

High Mountain School

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating.

Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

All meals are served with the Vegetable Student Lunch \$2.85
of the Day and/or a selection from Reduced Lunch \$0.40
Mac's Veggie Patch, Fruit of the Day
and Low Fat Milk Choice Adult Lunch \$3.35

Maschio's Swap Outs

Monday: Grilled Chicken Caesar Wrap

Tuesday: Turkey Ham & Cheese Sandwich

Wednesday: Italian Sub

Thursday: Spicy Chicken Patty on a Roll

Friday: Hummus Platter with Pita

Maschio's Swap Outs Available Daily

Large Garden Salad with Protein & a Roll
Bagel Bag Meal
Yogurt & Fruit Parfait with Granola

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="font-size: 4em; color: blue; opacity: 0.5;">HAPPY HOLIDAYS</h1>				
				1 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Pasta & Meatball with Garden Vegetables Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Turkey Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	12 Lucky Tray Day Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	13 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	15 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 All-Natural Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	20 Holiday Meal Cheese Lasagna Rollup with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit Holiday Pretzel	21 First Day of Winter Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit	22 Half Day No Lunch Served
25	26	27	28	29
<h1 style="font-size: 3em; color: blue;">Enjoy your Winter Break & Have a Happy New Year!</h1>				

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
Or Call Maschio's Food Services at Your School

Lunch Tickets are available in the cafeteria:
10 for \$28.50 / 20 for \$57.00

Please Make Checks Payable To:
North Haledon BOE

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"