

High Mountain School

November 2017 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	\$2.85
Reduced Lunch	\$0.40
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
<p>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>8 BBQ Pulled Chicken on a Roll Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>9 School Closed NJEA Convention</p>	<p>10 School Closed NJEA Convention</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>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>20 Teriyaki Chicken & Broccoli Steamed Rice Fresh or Chilled Fruit</p>	<p>21 Lucky Tray Day Chicken Bruschetta Pasta Warm Breadstick Peas & Carrots Fresh or Chilled Fruit</p>	<p>22 Half Day No Lunch Served</p>	<p>23 School Closed</p>	<p>24 </p>
<p>27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch Turkey Bacon, Egg & Cheese on a Roll Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>29 Chicken & Cheese Quesadilla with Lettuce, Tomatoes & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 Half Day No Lunch Served</p>	<p>25 </p>

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

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"