



# Conley School

## September 2017 Lunch Menu

Farm Fresh Produce will be available from September 25th through the 29th. Look out for the Jersey Fresh Symbol on the lunch line!  
**Local produce decreases the food miles from the farm to your cafeteria. Local fruits and vegetables are in season and taste great!**

**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 Available Daily

Muffin Bag Meal

Cereal Bag Meal

Cheeseburger on a Bun

Assorted Pizza

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Half Day No Lunch Served
4 Labor Day	5 Hot Dog on a Bun Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet	6 Meatball Parm Sandwich Smile Fries Fresh or Chilled Fruit	7 Breakfast for Lunch French Toast Sticks Breakfast Sausage Sweet Potato Tots Fresh or Chilled Fruit	8 Rosata's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Chicken Nuggets Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	12 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13 Lucky Tray Day Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	15 Rosata's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Popcorn Chicken with Dipping Sauces Buttered Noodles Carrots Fresh or Chilled Fruit	19 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Pasta with Meat Balls Warm Garlic Breadstick Green Beans Strawberry Applesauce	21 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Rosata's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
25 Crispy Chicken Sandwich with Lettuce & Tomato Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26 Johnny Appleseed Day Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Apple	27 Corn Dog Nuggets Baked Beans Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Locally Grown Melon	29 Rosata's Pizza Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit

### Jersey Fresh Farm to School Week

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!

Payments to Students accounts may be made by sending a check payable to Bethlehem Twp BOE to the cafeteria or online at PAYFORIT.NET

Questions or Concerns? Please visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at: (908)537-4044

Please note: not all foods offered are allergen free. Please contact Maschio's Dietitians at 973-598-0005 for any allergy concerns.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"