

Student Lunch **\$2.90** Reduced Lunch **\$0.40** Adult Lunch **\$3.50**

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

Wedge Pizza or Deep Dish Pizza

Great Grillers

Plain Chicken Patty on a Bun
Choice of Bbq, Honey Mustard, Buffalo, or Ranch

Deli Central

Grilled Chicken Salad

Muffin Meal
Includes Muffin, Cheese Stick, Baby Carrots, Fruit Choice

Harvest Market

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

Our well-balanced lunches available for the week, average between **600-700 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: 908-479-6336

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

Connect with us!



The Main Event

Monday Tuesday Wednesday Thursday Friday

				1 Half Day No Lunch Served
4 Labor Day School Closed	5 Crispy Chicken BLT Sandwich 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 Tender Basket with Tater Tots and Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	12 Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13 Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	14 Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit	15 Rosata's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Popcorn Chicken Mashed Potato, Corn, Dinner Roll Fresh or Chilled Fruit	19 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Pasta with Meatballs 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 BBQ Chicken Sandwich Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26 Grilled Cheese Sandwich Tater Tots Freshly Prepared Garden Salad Locally Grown Fresh Apple	27 Top Your Own Hamburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	28 Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	29 Rosata's Pizza Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit



Jersey Fresh Farm to School Week

MENU SUBJECT TO CHANGE

Visit payforit.net to add money to your child's account or send check to the cafeteria
Please Make Checks Payable To:
BETHLEHEM TWP. SCHOOL

