



Hoppock Middle School

November 2017
Lunch Menu

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

<p>Try to fill at least half your plate with fruits and vegetables!</p>		<p>1 New Recipe! Cheeseburger Mac and Cheese Garlic Bread Stick Green Beans Fresh or Chilled Fruit</p>	<p>2 National Sandwich Day Ham & Cheese Club with Ham, Cheesy Bacon, Lettuce, & Tomatoes Baked Fries Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3 Rosata's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>7 Early Dismissal No Lunch Served</p>	<p>8 Early Dismissal No Lunch Served</p>	<p>9 School Closed</p>	<p>10 School Closed</p>
<p>13 New Recipe! Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>14 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>15 Top Your Own Hamburger 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 Rosata's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>20 General Tso's Chicken Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p>21 Rosata's Pizza Fresh Garden Salad Fresh or Chilled Fruit</p>	<p>22 Early Dismissal No Lunch Served</p>	<p>23 School Closed Happy Thanksgiving!</p>	<p>24 </p>
<p>27 Chicken Tenders with Dipping Sauces 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 Lettuce, Tomatoes, Cheese & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 Philly Cheesesteak Hero with Peppers and Onions French Fries Warm Pear Crisp</p>	

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

