

Conley 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	\$2.90
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

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Try to fill at least half your plate with fruits and vegetables!				
<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>2 National Sandwich Day Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3 Rosata's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>13 Pizza Sticks with Marinara Sauce Cucumber Coins Fresh or Chilled Fruit</p>	<p>14 Breakfast for Lunch Pancakes, Breakfast Sausage, Hashbrown 100% Fruit Juice Fresh or Chilled Fruit</p>	<p>15 All-Natural Beef Hot Dog on a Bun 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 Chicken Fries Buttered Noodles 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 Nuggets 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 with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 Corn Dog Nuggets Baked French Fries Warm Pear Crisp</p>	<p>25 </p>

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
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


Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"