


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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$4.00

MEDITERRANEAN BISTRO	Assorted Pizza Available Daily
Assorted Freshly Prepared Specialty Salad Meals Available Daily	
Great Grillers	Assorted Griller Items Available Daily
Deli Central	Assorted Quality Deli Meats and Cheeses on all Fresh WG Rolls, Breads, and Wraps with a Variety of Fresh Toppings

30 Chicken Nuggets with Dipping Sauces Smile Fries Fresh Bell Pepper Dippers Fresh or Chilled Fruit	31 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	1 Buffalo Chicken Mac & Cheese Soft Pretzel Stick Peas & Carrots Fresh or Chilled Fruit	2 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	3 Domino's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
6 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	7 The MAC Burger with Thousand Island Dressing, American Cheese, and Pickle Slices Tater Tots Fresh or Chilled Fruit	8 Crispy Chicken BLT Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet	9 Chicken Pasta Alfredo Warm Breadstick Broccoli Fresh or Chilled Fruit	10 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
13 New Recipe! Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings Sweet Potato Fries Fresh or Chilled Fruit	14 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15 California Steak & Cheddar Melt Spiral Fries Fresh or Chilled Fruit	16 New Recipe! Thanksgiving Bowl with Roast Turkey, Gravy, Mashed Potatoes, Corn, & Cranberry Sauce Pumpkin Swirl Roll Fresh or Chilled Fruit	17 Domino's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20 Chicken Parm with Pasta Marinara Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	21 Beef & Broccoli over Rice Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie	22 School Closed	23 School Closed Happy Thanksgiving! 	24
27 Chicken Tenders with Dipping Sauces Dinner Roll Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	28 Breakfast for Lunch Bacon, Egg, & Cheese on an English Muffin Hash Browns Fresh or Chilled Fruit	29 Fiesta Chicken Nacho Platter Lettuce, Tomatoes, Cheese & Salsa Steamed Corn Fresh or Chilled Fruit	30 Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit Warm Pear Crisp	

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

Our well-balanced lunches available for the week, average between **600-850 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: 973-598-0005



"This institution is an equal opportunity provider"