



Central Jersey College Prep Grades K-3

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

Maschio's Swap Outs

Monday: Cheese Quesadilla
Tuesday: Chicken Caesar Salad Meal
Wednesday: Tuna on a Roll
Thursday: Crispy Chicken Salad Meal
Friday: All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Veggie Bean Burger on a Bun
 Yogurt and Bagel Meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken Nuggets 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 Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	2 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	3 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	8 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit	9 Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Strawberry Applesauce	10 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
13 Crispy Chicken Sandwich Sweet Potato Fries Fresh or Chilled Fruit	14 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	17 Domino's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit	21 Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	22 School Closed	23 School Closed	24
27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit	30 Philly Cheesesteak Hero French Fries Warm Pear Crisp	

Happy Thanksgiving!

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!**

Questions or Concerns?
 Please Visit www.MaschioFood.com
 Or Call Maschio's Food Services at: **973-598-0005**



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