



October 2022

Green Hills

Lunch

MONDAY

3

- Crispy Chicken BLT on a Croissant
- Fresh Veggie Dippers
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

TUESDAY

4



- Triple Beef Tacos with Rice, Shredded Cheddar Cheese, Lettuce, Tomato and Salsa or Triple Chicken Tacos with Shredded Cheddar Cheese, Lettuce, Tomato & Salsa
- Black Beans
- Maschio's Swap**
- Cereal Bag or
- Muffin Bag Meal

WEDNESDAY

5

- Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce
- Italian Green Beans
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

THURSDAY

6

- Rodeo Burger on a Bun
- Spiral Fries
- Maschio's Swap**
- Cereal Bag or
- Muffin Bag Meal or
- Pizzaboli

FRIDAY

7



- Stuffed Crust Pizza
- Freshly Prepared Spring Mix Salad
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

10



Maschio's Swap

11

- BBQ Chicken Cheddar Melt
- Seasoned Sweet Potato Waffle Fries
- Country Coleslaw
- Strawberry Lemonade Sorbet
- Maschio's Swap**
- Cereal Bag or
- Muffin Bag Meal or
- Pizza Crunchers

12

- Emoji Waffles
- Mixed Berry Compote
- Breakfast Sausages
- Hash Browns
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

13

- Hot Dog Sliders
- BBQ Baked Beans
- Corn on the Cob
- Maschio's Swap**
- Cereal Bag or
- Muffin Bag Meal
- Pizzaboli

14



- Pizza Bagel
- Cucumber, Tomato & Basil Salad
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

17



- Creamy Mac & Cheese with Assorted Toppings
- Herb Breadstick
- Sauteed Broccoli
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

18



- Chicken Tenders
- Soft Pretzel Stick
- Ranch Fries
- Maschio's Swap**
- Cereal Bag or
- Muffin Bag Meal or
- Pizza Crunchers

19

- Meatball Parm Sub
- Fresh Veggie Dippers
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

20



- Sweet and Sour Popcorn Chicken
- Vegetable Fried Rice
- Stir-Fry Vegetables
- Vegetable Egg Roll
- Maschio's Swap**
- Cereal Bag or
- Muffin Bag Meal
- Pizzaboli

21



- Bella's Pizza
- Freshly Prepared Spring Mix Salad
- Apple Crisp
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

24

- Hamburger on a Bun or Cheeseburger on a Bun
- Sweet Potato Fries
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

25



- Pasta with Meat Sauce or Pasta with Meatballs or Pasta Alfredo
- Vegetable Medley
- Garlic Bread
- Maschio's Swap**
- Cereal Bag or
- Muffin Bag Meal
- Pizza Crunchers

26

- Chicken Fries
- Soft Pretzel Stick
- Shoestring Fries
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

27



- Egg, Sausage and Cheese on a Croissant
- Hash Browns
- Maschio's Swap**
- Cereal Bag or
- Muffin Bag Meal
- Pizzaboli

28



- Twisted Cheesy Breadsticks with Marinara Sauce
- Maschio's House Salad
- Maschio's Swap**
- Cereal Bag or
- Chicken Nuggets

HALLOWEEN

- Popcorn Chicken Mashed Potato Bowl with Corn, Shredded Cheddar Cheese, and Gravy
- Pumpkin Pretzel
- Local Fresh Apple

Maschio's Swap

- Cereal Bag or
- Chicken Nuggets

Lunch Price List

- Student Lunch: \$3.35
- Adult Lunch: \$5.00

Maschio Swap Outs Available Daily:

***Menu is Subject to Change**

Lunch Served with Choice of: Fresh Fruit, Assorted Chilled Fruit, 100% Fruit Juice, Variety of Vegetables from our Harvest Market , 1% White Milk , Fat Free Chocolate Milk

 <p>Maschio's Food Services, Inc. <small>*MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER.*</small></p>		<p>QUESTIONS OR COMMENTS? Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.</p>	<p>FOLLOW US: @MASCHIOFOOD</p> <p>  </p>	<p>Healthy meals grow <i>healthy kids!</i></p>
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