

Alpha School

October 2017 Lunch Menu



Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

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	\$2.85
	Reduced Lunch	\$0.40
	Adult Lunch	\$3.35

Maschio's Swap Outs

Cheeseburger on a Bun
Garden Salad with Chicken & Roll
Hot Dog on a Bun
Bagel Bag

BREAKFAST

\$1.25
\$.30

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 Egg, Ham & Cheese on a Croissant Tater Tots Fresh or Chilled Fruit	4 National Taco Day! Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Corn Steamed Rice Fresh or Chilled Fruit	5 BBQ Chicken Dinner Roll Country Slaw Vegetarian Baked Beans Strawberry Applesauce	6 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 School Closed	10 Pasta with Meatballs Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	12 Chicken Fajitas w/Soft Tortillas, Cheese, Salsa, Corn Rice Fresh or Chilled Fruit	13 Domino's Pizza Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
NATIONAL SCHOOL LUNCH WEEK				
16 <i>Lucky Tray Day</i> Crispy Chicken BLT on a Roll Fresh Cucumber Coins Fresh or Chilled Fruit	17 All Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Domino's Pizza Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	24 BBQ Pulled Pork on a Bun Tater Tots Fresh or Chilled Fruit	25 Pasta with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 Chicken Nuggets Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit	27 Domino's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 New Item! Chicken Tenders Basket Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit	31 HALLOWEEN Half Day No Lunch Served			

Our well-balanced lunches available for the week, average between 600-650 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: (908)454-5000

Lunch Tickets are available in the cafeteria:
10 for \$00.00 / 20 for \$00.00

Please Make Checks Payable To: Alpha Public



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"