



Thomas Edison EnergySmart Charter

September 2017 Lunch Menu

Farm Fresh Produce will be available from September 25th through the 29th.
Look out for the Jersey Fresh Symbol on the lunch line!
**Local produce decreases the food miles from the farm to your cafeteria.
Local fruits and vegetables are in season and taste great!**

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: Crispy Chicken Salad Meal

Tuesday: Cheeseburger on a Bun

Wednesday: Hummus Platter

Thursday: Chicken Caesar Salad Meal

Friday: All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Yogurt & Bagel Meal

Veggie Burger on a Bun

Yogurt Parfait with Granola

****Halal Choices Available Daily****

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

Monday	Tuesday	Wednesday	Thursday	Friday
 29 No School	30 Half Day Welcome Back! Crispy Chicken Sandwich Freshly Prepared Tomato & Cucumber Salad Fresh or Chilled Fruit	31 Half Day Pasta Alfredo with Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	1 Half Day French Bread Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	4 Labor Day School Closed
5 Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	6 Meatball Parm Sandwich Smile Fries Fresh or Chilled Fruit	7 Breakfast for Lunch French Toast Sticks Breakfast Sausage Sweet Potato Tots Fresh or Chilled Fruit	8 Stuffed Crust Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	11 Chicken Nuggets Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit
12 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13 Lucky Tray Day Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	15 New York Style Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	18 Popcorn Chicken with Dipping Sauces Buttered Noodles Carrots Fresh or Chilled Fruit
19 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Half Day Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Strawberry Applesauce	21 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Bella's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit	25 Grilled Chicken Sandwich with Lettuce & Tomato Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit
26 Johnny Appleseed Day Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Apple	27 Corn Dog Nuggets Baked Beans Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	28 Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	29 Stuffed Crust Pizza Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit	

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: 732-412-7643

Cash, checks, and online payment are accepted.
For online payments visit:
Mealtime Online on your school website

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"