

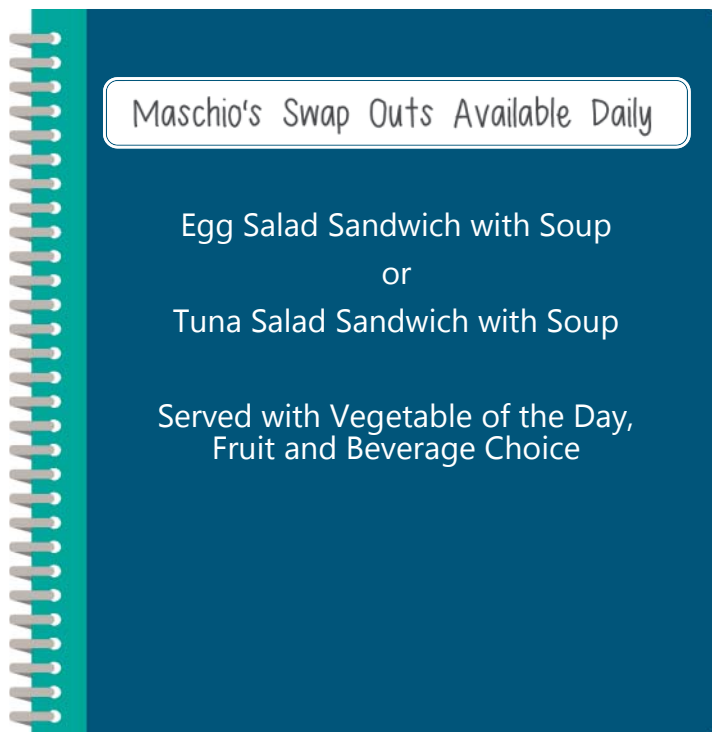
Regional Day School

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

All meals are served with the Vegetable of the Day, Fruit of the Day and Milk or Juice.

Student Lunch	\$2.40
Reduced Lunch	\$0.40
Adult Lunch	\$2.90



Maschio's Swap Outs Available Daily

Egg Salad Sandwich with Soup
or
Tuna Salad Sandwich with Soup

Served with Vegetable of the Day,
Fruit and Beverage Choice



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

Monday	Tuesday	Wednesday	Thursday	Friday
  <h1>HAPPY HOLIDAYS</h1>				
4 Chicken Sandwich Vegetable Medley Fresh or Chilled Fruit	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Ravioli Dinner Roll Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Assorted Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11  Grilled Chicken Mashed Potatoes w/ Gravy Fresh or Chilled Fruit	12 Half Day Macaroni Cheese Dinner Roll Tossed salad Fresh or Chilled Fruit	13 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Fresh or Chilled Fruit	14 Cheeseburger on a Bun Baked Beans Fresh or Chilled Fruit	15 No Lunch Service School Trip
18 Chicken Tenders French Fries Fresh or Chilled Fruit	19 Sloppy Joes Potato Wedges Fresh or Chilled Fruit	20 Holiday Meal Ravioli Dinner Roll Vegetable Medley Fresh or Chilled Fruit	21 First Day of Winter  Fajita Chicken, Cheddar Cheese Quesadilla Steamed Corn Fresh or Chilled Fruit	22 Half Day Assorted Pizza Day Fresh Veggie Dippers Fresh or Chilled Fruit
25	26	27	28	29
<h1>Enjoy your Winter Break & Have a Happy New Year!</h1>				

Our well-balanced lunches available for the week meet the age-appropriate calorie requirements, 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: 973-539-9630

Please Make Checks Payable To: ESC of Morris County

Connect with us!   



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"