

# Conley 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	\$2.90
Reduced Lunch	\$0.40
Adult Lunch	\$3.75

Maschio's Swap Outs Available Daily

Muffin Bag Meal

Cereal Bag Meal

Cheeseburger on a Bun

Assorted Pizza

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Popcorn Chicken with Dipping Sauces</b> Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 <b>Hamburger or Cheeseburger on a Bun</b> Tater Tots Fresh or Chilled Fruit	4 <b>National Taco Day!</b> Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit	5 <b>BBQ Chicken</b> Country Slaw Vegetarian Baked Beans Strawberry Applesauce	6 <b>Rosata's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 <b>School Closed</b>	10 <b>Ham &amp; Cheese on a Pretzel Bun</b> Baked Fries Fresh or Chilled Fruit	11 <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	12 <b>New Recipe!</b> #ThrowbackThursday <b>Cheeseburger Mac &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	13 <b>Rosata's Pizza</b> Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
16 <b>Crispy Chicken on a Roll</b> Fresh Cucumber Coins Fresh or Chilled Fruit	17 <b>All Natural Beef Hot Dog on a Bun</b> French Fries Fresh or Chilled Fruit	18 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 <b>Rosata's Pizza</b> Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	24 <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	25 <b>Pasta with Meat Sauce</b> Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 <b>Chicken Nuggets</b> Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>Rosata's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 <b>New Item!</b> <b>Chicken Tenders Basket</b> Smile Fries <b>Pumpkin Pretzel</b> Fresh or Chilled Fruit	31 <b>HALLOWEEN Corn</b> <b>Dog Nuggets</b> Sweet Potato Tots 100% Juice Orange Sorbet			

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!

Payments to Students accounts may be made by sending a check payable to Bethlehem Twp BOE to the cafeteria or online at PAYFORIT.NET

Questions or Concerns? Please visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: (908)537-4044

Please note: not all foods offered are allergen free. Please contact Maschio's Dietitians at 973-598-0005 for any allergy concerns.



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"