



November 2022

Lowell Elementary

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Swap Out**
- Turkey Ham & Cheese Sandwich
 - Pizza Crunchers
 - Roasted Parmesan Broccoli

2

- Swap Out**
- SunButter and Jelly Sandwich
 - General Tso's Chicken
 - Stir-Fry Vegetables
 - Vegetable Egg Roll

3



4

- Swap Out**
- Turkey and Cheese Sandwich
-  **Pizza Day**
- Cheese Pizza
 - Maschio's House Salad

7

- Swap Out**
- Bagel Bag with Yogurt and Cheese



- Grilled Cheese Sandwich
- Tomato Soup
- Fresh Veggie Dippers

8

Virtual Half Day

9

- Swap Out**
- SunButter and Jelly Sandwich



- Cheese Pizza
- Freshly Prepared Caesar Salad

10

NO SCHOOL
NJEA Convention

11

NO SCHOOL
NJEA Convention

14

- Swap Out**
- Bagel Bag with Yogurt and Cheese
 - Meatball Parm Sub
 - Italian Green Beans

15

- Swap Out**
- Turkey Ham & Cheese Sandwich



- Whole Grain Waffles
- Breakfast Sausages
- Breakfast Potatoes

16

- Swap Out**
- SunButter and Jelly Sandwich




- Roast Turkey with Gravy
- Mashed Sweet Potatoes
- Italian Green Beans
- Mini Cornbread Loaf
- Whole Grain Sugar Cookie

17

- Swap Out**
- Muffin & Yogurt Meal
 - Crispy Chicken Bacon Ranch Sandwich
 - Sweet Potato Fries

18

- Swap Out**
- Turkey and Cheese Sandwich
-  **Pizza Day**
- Cheese Pizza
 - Freshly Prepared Spring Mix Salad

21

- Swap Out**
- Bagel Bag with Yogurt and Cheese
 - Creamy Mac & Cheese
 - Soft Pretzel Stick
 - Orange Glazed Carrots

22

- Swap Out**
- Turkey Ham & Cheese Sandwich
 - Chicken Tender & Mozzarella Stick Sampler
 - Roasted Parmesan Broccoli

23



24



25



28

Swap Out

- Bagel Bag with Yogurt and Cheese



- French Toast Bites
- Cheese Omelet
- Maple Cinnamon Sweet Potato Fries

29

Swap Out

- Turkey Ham & Cheese Sandwich
- Cheese Lasagna Roll-Up with Marinara Sauce
- Dinner Roll
- Italian Green Beans

30

Swap Out

- SunButter and Jelly Sandwich
- Bacon Cheddar Burger on a Bun
- Tater Tots

***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

QUESTIONS OR COMMENTS?
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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Healthy meals grow
healthy kids!