



Teaneck High School

September 2017
Lunch Menu

Student Lunch \$3.20 Reduced Lunch \$0.40 Adult Lunch \$4.00

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

MEDITERRANEAN BISTRO

Freshly prepared pizza with assorted toppings
Delicious assortment of special entrées

Fast & Fresh

Assorted freshly prepared specialty salad meals and wraps

Great Grillers

Grilled favorites including beef, chicken, and vegetarian options

Deli Central

Assorted variety of deli meats and cheeses on fresh rolls, breads, and wraps with a variety of fresh toppings

Harvest Market

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

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Connect with us!



The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

*We Hope You Enjoyed
Your Summer Vacation!*

<p>1 No School</p>			
<p>4 Labor Day School Closed</p>	<p>5 School Closed</p>	<p>6 Welcome Back! Crispy Chicken BLT Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet</p>	<p>7 Breakfast for Lunch Bacon, Egg, & Cheese on a Croissant Sweet Potato Tots Fresh or Chilled Fruit</p>
<p>11 Spicy or Plain Chicken Tender Basket with Tater Tots and Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>12 Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit</p>	<p>13 Buffalo Chicken or Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit</p>	<p>14 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Battered French Fries Fresh or Chilled Fruit</p>
<p>18 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p>19 Breakfast for Lunch Sausage, Egg, & Cheese on a Roll Hash Browns Fresh or Chilled Fruit</p>	<p>20 Philly Cheesesteak Hero with Peppers & Onions Seasoned Potato Wedges Strawberry Applesauce Fresh or Chilled Fruit</p>	<p>21 School Closed</p>
<p>25 Grilled Balsamic Chicken Hero with Roasted Red Peppers & Mozzarella Cheese Freshly Prepared Garden Salad Locally Grown Fresh Apple</p>	<p>26 Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>	<p>27 Top Your Own Hamburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit</p>	<p>28 Herb Roasted Chicken Dinner Roll Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit</p>
			<p>29 Mozzarella Sticks with Marinara Sauce Dinner Roll Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit</p>



Jersey Fresh Farm to School Week

MENU SUBJECT TO CHANGE

Questions or Concerns?

Please visit www.maschiofood.com or call Maschio's Food Services at: 201-833-5417



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