

# Teaneck Elementary Schools

## 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 \$2.70  
 Reduced Lunch \$0.40  
 Adult Lunch \$4.00

### Maschio's Swap Outs

**Monday:** Turkey & Cheese Sandwich  
**Tuesday:** Fruit & Cheese Platter with Breadstick  
**Wednesday:** Crispy Chicken Nuggets with Dinner Roll  
**Thursday:** Chef Salad with Dinner Roll  
**Friday:** Italian Hero Sandwich



Maschio's Swap Outs Available Daily

**Yogurt Bag:** Yogurt, Bagel with Cream Cheese, and Cheese Stick

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>We Hope You Enjoyed Your Summer Vacation!</i>			1 School Closed
4 Labor Day School Closed	5 School Closed	6 <b>Welcome Back!</b> Crispy Chicken Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet	7 <b>Breakfast for Lunch</b> French Toast Sticks Breakfast Sausage Sweet Potato Tots Fresh or Chilled Fruit	8 <b>Cheese Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Chicken Nuggets Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	12 <b>Taco Tuesday</b> 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  Macaroni & Cheese Warm Breadstick Baby Carrots Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	15 Stuffed Crust Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Popcorn Chicken with Dipping Sauces Dinner Roll Carrots Fresh or Chilled Fruit	19 <b>Breakfast for Lunch</b> Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Pasta with Meat Sauce Warm Garlic Breadstick Veggie Dippers Strawberry Applesauce	21 School Closed	22 School Closed
25 Grilled Chicken Sandwich with Lettuce & Tomato Locally Grown Fresh Veggie Dippers Fresh or Chilled Fruit	26 <b>Johnny Appleseed Day</b> 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 Cheese Pizza Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit

## Jersey Fresh Farm to School Week

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!

Questions or Concerns?  
 Please visit [www.maschiofood.com](http://www.maschiofood.com)  
 or call 201-833-5417

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"