

Riverdale Public School

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.60

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>				
6	7	8	9	10
Hot Ham and Cheese on a Pretzel Bun Dinner Roll Green Beans Fresh or Chilled Fruit	NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	Boniello's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	National Sandwich Day Turkey Club with Turkey Bacon, Lettuce & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit
13	14	15	16	17
Half Day No Lunch Served	Half Day No Lunch Served	Half Day No Lunch Served	All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	Spaghetti with Meat Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
20	21	22	23	24
Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit	Lucky Tray Day Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	Half Day No Lunch Served	School Closed	
27	28	29	30	
Chicken Alfredo Pasta Dinner Roll Vegetable Medley Fresh or Chilled Fruit	Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	Boniello's Pizza Freshly Prepared Garden Salad Warm Pear Crisp	Chicken Fajita with Peppers and Onions Quesadilla Tater Tots Fresh or Chilled Fruit	

Maschio's Swap Outs




Monday: Tuna Salad Sandwich
Tuesday: Turkey & Cheese Sandwich
Wednesday: Grilled Chicken Caesar Salad with Roll
Thursday: Cheddar Burger on a Bun
Friday: Crispy Chicken Sandwich (Hot)

* No pork served-All Ham Products Served are Turkey Based Products

Maschio's Swap Outs Available Daily

Cereal Bag: Low Fat Yogurt, Cheese Stick and Graham Crackers and Cereal

Bagel Bag: Cheese Sticks and Bagel and Choice of Spread

Connect with us!   



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

Our well-balanced lunches available for the week, average between 600-650 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 Or Call Maschio's Food Services at: 973-839-1300 X 108

Prepaid Lunch is available in the cafeteria:
 10 for \$00.00/ 20 for \$00.00
Please Make Checks Payable To:
Riverdale Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"