

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

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

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

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"