



Wandell School

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!

Student Lunch \$4.50

Adult Lunch \$4.50

Maschio's Swap Outs

Monday: Roast Turkey Sandwich

Tuesday: Grilled Chicken Caesar Wrap

Wednesday: Ham & Provolone with Spring Mix on a Roll

Thursday: Grilled Chicken over Spring Mix Salad with Fruit

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Bagel or Soft Pretzel with Cheese Stick, Yogurt, Carrots

Veggie Platter with Hummus & Toasted Pita Wedges

Fruit Platter with Cheese, Hard Boiled Egg & Toasted Pita Wedges

Salad Bar

Proteins Available Daily*: Tuna, Egg Salad, Sliced Hard Boiled Eggs, Chicken, Cheese

Vegetables Available Daily*: Cucumbers, Tomatoes, Carrots, Celery, Red or Green Peppers, Broccoli or Cauliflower

Prepared Salads:** Cole Slaw, Potato Salad, Macaroni Salad, Pasta Salad, Lentil Salad, Barley Salad

*Items Subject to Change **Variety Available May Vary

Homemade Soups Available Daily

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



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 No School	6 Welcome Back! Half Day No Lunch Served	7 Crispy Chicken Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet	8 Natale's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Chicken Nuggets Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	12 Taco Tuesday 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 <i>Lucky Tray Day</i> Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	15 Natale's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Popcorn Chicken with Dipping Sauces Buttered Noodles Carrots Fresh or Chilled Fruit	19 Breakfast for Lunch Waffles w/ Fresh Blueberries Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit	20 Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Strawberry Applesauce	21 School Closed	22 Natale's Pizza Freshly Prepared Veggie Dippers Fresh or Chilled Fruit
25 Grilled Chicken Sandwich with Lettuce & Tomato Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26 Johnny Appleseed Day Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Apple	27 All Natural Beef Hotdog 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 Natale's Pizza Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit



Jersey Fresh Farm to School Week

MENU SUBJECT TO CHANGE

Connect with us!   



"This institution is an equal opportunity provider"

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
Or Call Maschio's Food Services at: 201-327-0727 X cafe

Lunch Tickets are available in the cafeteria:
5 for \$20.00 / 10 for \$10.00 / 25 for \$100.00

Please Make Checks Payable To: Saddle River Board of Education