

# Mount Olive Middle School April 2020

## What is a Lunch?

Fruit, Vegetable, Grain,  
Protein & Dairy

Choose at least 3

Including:

- ½ cup fruit or vegetable
- At least 2 other food groups

Menu subject to change.



## EVERYDAY CHOICES

Made to Order  
Sandwiches and Wraps

- Choice of bread/roll/wrap
  - Choice of meat, cheese and/or protein salad
  - Variety of toppings
- Only...\$3.75 *All served with vegetable, fruit and milk.*

with Daily Pasta Bar Only...\$3.75	<b>MS Lunch Prices</b> Full = \$3.75 Reduced = \$.40	<b>1</b> <b>Chinese Take-out</b> General Tso's Chicken with Broccoli & Fried Rice	<b>2</b> <b>Chicken &amp; Cheese Taquitos</b> Roasted Chickpeas	<b>3</b> <b>Twin Beef Hot Dogs</b> With variety of toppings Parmesan Green Beans <b>Fish &amp; Chips</b>
<b>6</b> <b>Texas Grilled Cheese</b> with Tomato Soup Steamed Carrots	<b>7</b> <b>Crispy Chicken Bowl</b> With Mashed Potatoes & Corn	<b>8</b> <b>Mac &amp; Cheese Bar</b> Roasted Broccoli Stewed Tomatoes	<b>9</b> <b>NO SCHOOL</b>	<b>10</b> <b>NO SCHOOL</b>
<b>13</b> <b>NO SCHOOL</b>	<b>14</b> <b>NO SCHOOL</b>	<b>15</b> <b>NO SCHOOL</b>	<b>16</b> <b>NO SCHOOL</b>	<b>17</b> <b>NO SCHOOL</b>
<b>20</b> <b>Breakfast for Lunch</b> <b>Waffles &amp; Pancakes</b> with Sausage & Sweet Potato Bites	<b>21</b> <b>Breaded Chicken Drumsticks</b> Tator Tots	<b>22</b> <b>Crispy Chicken &amp; Bacon Sandwich</b> Sautéed Spinach	<b>23</b> <b>Burrito Bar</b> with Taco Meat, Rice, Black Beans, Fresh Salsa and more	<b>24</b> <b>BBQ Chicken</b> Coleslaw & Dinner Roll
<b>27</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> with Sausage & Sweet Potato Bites	<b>28</b> <b>Roast Turkey</b> Mashed Potatoes, Corn, Gravy & Dinner Roll	<b>29</b> <b>Chicken Parm Sub</b> Caesar Salad	<b>30</b> <b>Nachos Supreme</b> with Taco Meat, Cheese & Salsa	<i>Milk Selection includes 1% white and Fat-Free white, Fat-Free chocolate, Fat-Free strawberry</i>



**ALL MEALS INCLUDE A TRIP THROUGH OUR THRIVE GARDEN BAR**  
Fresh Garden Salad Greens plus Fruits & Vegetables OFFERED DAILY  
Locally Grown items are offered whenever seasonally available



### EVERYDAY GRAB & GO CHOICES

**New! BENTO BOXES**

Sandwiches, Salads, Fruit & Yogurt Parfaits and Meal Boxes  
*Don't want to wait in line? We offer a variety of healthy pre-packaged items for your convenience.*

Only...\$3.75



### EVERYDAY GRILL CHOICES

Cheeseburgers, Hamburgers, Chicken Patty, Veggie Burgers & Daily Specials  
Only...\$3.75

*All served with baked french fries, fruit and milk.*

### PIZZA CHOICES

Pizza by the Slice – Cheese, Pepperoni & Specialty Calzones & Stromboli



Only...\$3.75

*Served with vegetable, fruit and milk.*

### Daily Pasta Bar

Fresh Pasta with variety of sauces including: Marinara, Meat sauce, Alfredo and Cheddar Cheese Sauce

Interested in a part-time job? Join our team and help promote healthy nutrition for your student and all of our students. Call Tony at 973-691-4006 x5701

*If you have questions about the menu, please contact Tony Kowalak. 973-691-4006 x5701 or email at Anthony.kowalak@Sodexo.com. Go to payschoolscentral.com for online student account management.*

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.