

Mount Olive Middle School March 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.

2 Breakfast for Lunch French Toast Sticks with Sausage & Sweet Potato Fries	3 Triple Dipper Tuesday Boneless Chicken Bites, Pretzel Stick & Waffle Fries	4 Chinese Take-out General Tso's Chicken with Broccoli & Fried Rice	5 Nacho Fajitas with Fajita Chicken, Cheese sauce & Salsa Sauteed Peppers & Onions	6 Meatball Parm Sub Italian Roasted Zucchini Fish & Chips
9 Texas Grilled Cheese with Tomato Soup Steamed Carrots	10 Crispy Chicken Bowl With Mashed Potatoes & Corn	11 Mac & Cheese Bar Roasted Broccoli Stewed Tomatoes	12 Chicken & Cheese Taquitos Roasted Chickpeas	13 Twin Beef Hot Dogs With variety of toppings Parmesan Green Beans Fish & Chips
16 EXPRESS LUNCH <i>Assorted Pizzas</i> <i>Everyday Grill Choices</i> <i>Grab & Go Choices</i>	17 Breaded Chicken Drumsticks Tator Tots	18 Crispy Chicken & Bacon Sandwich Sauteed Spinach	19 Burrito Bar with Taco Meat, Rice, Black Beans, Fresh Salsa and more	20 Pretzel Ham & Cheese Sandwich Green Pepper Strips Fish & Chips
23 Breakfast for Lunch Waffles & Pancakes with Sausage & Sweet Potato Bites	24 Triple Dipper Tuesday Buffalo Chicken Bites, Pretzel Nuggets & French Fries	25 Chicken Parm Sub Caesar Salad	26 Nachos Supreme with Taco Meat, Cheese & Salsa	27 BBQ Chicken Coleslaw & Dinner Roll Fish & Chips
30 Breakfast for Lunch French Toast Sticks with Sausage & Sweet Potato Bites	31 Roast Turkey Mashed Potatoes, Corn, Gravy & Dinner Roll	<i>Milk Selection includes 1% white and Fat-Free white, Fat-Free chocolate, Fat-Free strawberry</i>	MS Lunch Prices Full = \$3.75 Reduced = \$4.00	with Daily Pasta Bar Only...\$3.75



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.