

Oxford Central

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

Maschio's Swap Outs

- Monday:** Grilled Chicken Caesar Wrap
- Tuesday:** Grilled Chicken Salad with a Dinner Roll
- Wednesday:** Ham & Cheese Sandwich
- Thursday:** Crispy Chicken Salad with a Dinner Roll
- Friday:** Garden Salad with Cheese & Dinner Roll

Maschio's Swap Outs Available Daily

Bagel Bag

Yogurt Bag

AVAILABLE MONDAY, WEDNESDAY, FRIDAY

CEREAL BAG

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>		1 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce & Tomatoes Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	3 Leo's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit	7 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	8 Leo's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	9 School Closed NJEA Convention	10 School Closed NJEA Convention
13 Crispy Chicken Sandwich Sweet Potato Fries Fresh or Chilled Fruit	14 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	17 Leo's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit	 21 Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	22 Leo's Pizza Vegetable Medley Fresh or Chilled Fruit	23 School Closed Happy Thanksgiving! 	24 
27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	28 Leo's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	29 Breakfast for Lunch French Toast Sticks Breakfast Sausage Tater Tots Fresh or Chilled Fruit	30 Philly Cheesesteak Hero French Fries Warm Pear Crisp	

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: 908-453-4101

Lunch Tickets are available in the cafeteria:
 10 for \$28.50 / 20 for \$57.00

Please Make Checks Payable To:
Oxford Central School

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"