

Christ the King Preparatory School

February 2017
Lunch Menu

Student Lunch \$3.25 Reduced Lunch \$0.40 Adult Lunch \$3.75

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

Great Grillers

Monday-Hamburger or Cheeseburger on a Bun
Tuesday-Buffalo or Crispy Chicken Sandwich
Wednesday-Philly Cheesesteak Hero
Thursday-Chicken Parm Sandwich
Friday-Tuna Sandwich

Deli Central

Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings

Harvest Market

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

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**



Check us out on Facebook: *Maschio's Food Services, Inc.*

The Main Event

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Bar with choice of Meat Sauce, Alfredo Sauce, or Meatballs with Marinara Sauce Garlic Bread Vegetable Medley Fresh or Chilled Fruit	2 New Item! Super "Burrito" Bowl Chicken Burrito Bowl with Beans, Cheddar Cheese, Rice, & Peppers & Onions Steamed Corn Fresh Orange Wedges Super Bowl Celebration	3 Personal Pan Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Crispy Chicken BLT on a Roll with Turkey Bacon, Lettuce & Tomatoes Potato Wedges Fresh or Chilled Fruit	7 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	8 New Item! Pulled Pork on a Pretzel Bun Home-Style Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken Fajita Wrap With Cheddar Cheese, Peppers & Onions Steamed Corn Fresh or Chilled Fruit	10 Mini Cheese Pizza Bagels Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
13 Chicken Tender Basket with Warm Pretzel Stick & Tater Tots Fresh or Chilled Fruit	14 New Items! Turkey French Dip Sandwich French Fries Fresh Veggie Dippers Fresh or Chilled Fruit Heartzel's Pretzels Valentine's Day	15 Chicken Parm with Pasta Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	16 New Item! Breakfast for Lunch Sausage, Egg, & Cheese on a Biscuit Sweet Potato Tots Fresh or Chilled Fruit	17 New Item! Cheesy Buffalo Chicken Flatbread Steamed Corn Fresh or Chilled Fruit
20 School Closed	21 Buffalo Chicken or Traditional Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	22 Roast BBQ Chicken with Rice Baked Beans Sautéed Spinach Fresh or Chilled Fruit	23 New Item! Top Your Own All Beef Burger or Cheeseburger on a Bun with Lettuce, Tomatoes, & Onions Carrot Raisin Salad Fresh or Chilled Fruit NASCAR "Race to Good Nutrition"	24 Stuffed Crust Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
27 Half Day No Lunch Served	28 Chicken & Cheese Quesadillas Rice Steamed Corn Fresh or Chilled Fruit	 <p>Keep your heart happy by choosing healthy options!</p>		

MENU SUBJECT TO CHANGE

Questions or Concerns?

Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: (973)483-0033



"This institution is an equal opportunity provider"