



Allamuchy School

April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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 \$2.75
 Reduced Lunch \$0.40
 Adult Lunch \$3.70

MASCHIO'S MAIN EVENT

Maschio's Swap Outs Available Daily

Chicken Patty on a Bun

Crispy Chicken Salad with a Roll

Bagel Bag Meal– Bagel and Cheese Sticks

Muffin Bag Meal– Muffin and Cheese Sticks

Cereal Bag Meal– Cereal, WG Pretzel and Cheese Sticks

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grand Slam Pretzel Hot Dog Battered French Fries 100% Juice Sorbet Opening Day	4 Fiesta Chicken Nacho Platter with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	5 Meatball Parm Green Beans Italiano Fresh or Chilled Fruit	6 Breakfast for Lunch Pancakes with Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Stuffed Crust Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
10 Crispy Chicken Sandwich Smile Fries Fresh or Chilled Fruit	11 Lucky Tray Day Grilled Cheese Sandwich Assorted Potatoes Fresh or Chilled Fruit	12 Popcorn Chicken with Dipping Sauces Rice Steamed Broccoli Fresh or Chilled Fruit	13 Personal Pan Pizza Garden Salad Fresh or Chilled Fruit	14 School Closed
17 School Closed	18 School Closed	19 School Closed	20 School Closed	21 School Closed
Spring Recess! School Closed				
24 Chicken Nuggets Warm Breadstick Mashed Potatoes Fresh Celery Dippers Fresh or Chilled Fruit	25 Hot Dog on a Bun Baked Beans Corn Fresh or Chilled Fruit Earth Day	26 Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit Hartzels Pretzels National Pretzel Day	27 Breakfast for Lunch Waffle Sticks Breakfast Sausages Hash Browns Fresh or Chilled Fruit	28 Assorted Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit



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

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

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: 908-852-1894

Prepaid Meals are available in the cafeteria:
 10 for \$2.75/ 20 for \$55.00

Please Make Checks Payable To:
Allamuchy Twp. School

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"