



Allamuchy School

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News Celebrate National Nutrition Month®! Take

the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

Student Lunch \$2.75

Reduced Lunch \$0.40

Adult Lunch \$3.70

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

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
<p>HAPPY SPRING!</p>		<p>1 Mozzarella Sticks w/ Marinara Sauce Dinner Roll Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>2 "Sam I Am" Grilled Cheese with Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet Dr. Seuss' Birthday- Read Across America</p>	<p>3 Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>6 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>7 Breakfast for Lunch Egg, Bacon & Cheese on a Bun Spiral Fries Fresh or Chilled Fruit</p>	<p>8 New Item! Crazy Pasta Day with Meat Sauce Garlic Bread Green Beans Italiano Fresh or Chilled Fruit</p>	<p>9 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit</p>	<p>10 French Bread Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>ARE YOU UP FOR THE CHALLENGE? CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!</p>				
<p>13 Chicken Nuggets Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p>14 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>15 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit</p>	<p>16 Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit</p>	<p>17 Lucky Tray Day Personal Pan Cheese Pizza "Shamrock" Garden Salad Fresh or Chilled Fruit</p>
<p>20 Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Home-Style Peach Crisp 1st Day of Spring</p>	<p>21 Breakfast for Lunch Waffle Sticks Breakfast Sausage Tater Tots Fresh or Chilled Fruit</p>	<p>22 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>23 Hot Dog on a Bun Spiral Fries Fresh or Chilled Fruit</p>	<p>24 Mini Cheese Calzones with Marinara Sauce Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>27 Popcorn Chicken Dinner Roll Smiley Potatoes Fresh or Chilled Fruit</p>	<p>28 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>29 Breakfast for Lunch French Toast Sticks Breakfast Sausage Tater Tots Fresh or Chilled Fruit</p>	<p>30 Chicken Nuggets w/ Sweet & Sour Dipping Sauce Dinner Roll Steamed Broccoli Fresh or Chilled Fruit</p>	<p>31 Assorted Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>



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"