



Mountain Villa 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!

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

- Bagel Bag Meal**— Bagel and Cheese Sticks
- Muffin Bag Meal**— Muffin and Cheese Sticks
- Cereal Bag Meal**— Cereal, WG pretzels, and Cheese Sticks
- Yogurt Bagel Meal** — Yogurt, WG pretzels, and a Cheese Stick



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



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

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

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 \$27.50/ 20 for \$55.00

Please Make Checks Payable To:
Allamuchy Twp. School

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"