

Allamuchy School

April 2018 Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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 | \$3.70 |

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

Connect with us!   



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| 2  | 3 | 4 | 5 | 6 |
| Spring Recess! School Closed | | | | |
| 9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit | 10 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit | 11 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit | 12 Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit | 13 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit |
| 16 Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit | 17 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip | 18 Grilled BBQ Chicken Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit | 19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit | 20 Cheese Pizza Fresh Veggie Dippers Fresh or Chilled Fruit |
| Eat the Colors of the Rainbow Week | | | | |
| 23 Corn Dog Nuggets Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit | 24  Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit | 25 Pasta with Meatballs Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit | 26 National Pretzel Day Ham & Cheese Melt on a Pretzel Bun Emoji Fries Fresh or Chilled Fruit | 27 Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit |
| 30 Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli 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 \$2.85/ 20 for \$57.00

Please Make Checks Payable To: Allamuchy Twp. School



"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE