



# Mountain Villa 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**
- 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
 <h2 style="color: purple;">Spring Recess! School Closed</h2>				
9 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>Creamy Mac &amp; Cheese</b> Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	12 <b>Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit	13 <b>Personal Pan Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 <b>Meatless Monday Lasagna Roll Up</b> with <b>Marinara Sauce</b> Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 <b>Breakfast for Lunch</b> <b>New Items!</b> <b>Cinnamon French Toast Sticks</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit <b>Guava Strawberry Flip</b>	18 <b>Grilled BBQ Chicken Sandwich</b> Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese</b> Steamed Corn Fresh or Chilled Fruit	20 <b>Cheese Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit
<h2 style="color: purple;">Eat the Colors of the Rainbow Week</h2>				
23 <b>Corn Dog Nuggets</b> Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24  <b>Hamburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	25 <b>Meatball Parm</b> Freshly Prepared House Salad Fresh or Chilled Fruit	26 <b>National Pretzel Day</b> <b>Ham &amp; Cheese Melt on a Pretzel Bun</b> Emoji Fries Fresh or Chilled Fruit	27 <b>Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 <b>Popcorn Chicken with Dipping Sauces, Rice</b> Steamed Broccoli Fresh or Chilled Fruit				

Our well-balanced lunches available for the week, average between 550-650 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](http://www.MaschioFood.com) Or Call Maschio's Food Services at: 908-852-1894

Prepaid Meals are available in the cafeteria:  
10 for \$28.50/ 20 for \$57.00

**Please Make Checks Payable To:**  
**Allamuchy Twp. School**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"