



# Mountain Villa School

March 2018 Lunch Menu

**NUTRITION NEWS:** Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1 Creamy Mac &amp; Cheese</b> Dinner Roll Steamed Broccoli Fresh or Chilled Fruit</p>	<p><b>2 Twisted Cheesy Breadsticks with Marinara Sauce</b> Rainbow Garden Salad "Pink Ink Yink" Sorbet</p> <p style="font-size: 0.8em; color: #00728f;">Dr. Seuss' Birthday Read Across America</p>
<p><b>5 Popcorn Chicken</b> Soft Pretzel Stick Glazed Carrots Fresh or Chilled Fruit</p>	<p><b>6 Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p><b>7 Pasta with Meat Sauce</b> Garlic Bread Sautéed Spinach Fresh or Chilled Fruit</p>	<p><b>8 Breakfast for Lunch New Recipe! Bacon, Egg, &amp; Cheese on a Croissant</b> Battered French Fries Fresh or Chilled Fruit</p>	<p><b>9 Mini Pizza Bagels</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p style="color: #00728f; font-weight: bold;">I  SCHOOL BREAKFAST National School Breakfast Week</p>				
<p><b>12 Meatless Monday Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p><b>13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit</p>	<p><b>14 Meatball Parm Hero</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>15 Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit</p>	<p><b>16 Lucky Tray Day! New Recipe! Bella's Pizza New York Style</b> Freshly Prepared Caesar Salad Gelatin Fruit Cups</p>
<p><b>19 Crispy Chicken Sandwich</b> Emoji Fries Fresh or Chilled Fruit</p>	<p><b>20 Spring Picnic Pretzel Dog</b> Baked Beans Country Slaw Fresh or Chilled Fruit</p> <p style="color: #00728f; font-weight: bold;">1st Day of Spring</p>	<p><b>21 Breakfast for Lunch Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit</p>	<p><b>22 Popcorn Chicken with Sweet &amp; Sour Dipping Sauce, Rice</b> Broccoli Fresh or Chilled Fruit</p>	<p><b>23 Stuffed Crust Cheese Pizza</b> Freshly Prepared Cucumber &amp; Tomato Salad Fresh or Chilled Fruit</p>
<p><b>26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p><b>27 Chicken Nuggets</b> Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p><b>28 Breakfast Bonanza</b> With Breakfast Sausages Assorted Potatoes Fresh or Chilled Fruit</p>	<p><b>29 Chef's Choice Pizza</b> Fresh Garden Salad Fresh or Chilled Fruit</p>	<p style="font-size: 1.5em; color: #00728f; font-weight: bold;">30</p> <p style="color: #00728f; font-weight: bold; font-size: 1.2em;">School Closed</p>

Our well-balanced lunches available for the week, average between 550-650 calories.

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"