



Allamuchy School

May 2017 Lunch Menu

Mac's Nutrition News

Enjoy the nice spring weather and celebrate National BBQ Month with your friends and family!

Try a variety of grilled fruits and vegetables such as corn, zucchini, bell peppers, eggplant, Portobello mushrooms, asparagus, peaches, pineapples, apples, and more!

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 |
|---|--|--|--|--|
| 1 Crispy Chicken Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit | 2 Macaroni and Cheese Dinner Roll Vegetable Medley Fresh or Chilled Fruit | 3 Wafflelicious Wednesday Waffles with Breakfast Sausages Sweet Potato Waffle Fries Fresh or Chilled Fruit | 4 STAR WARS DAY Grilled Cheese and Ham Solo Sandwich Vader Tater Tots Galaxy Swirl Sorbet | 5 New Items! CINCO DE MAYO Pizza Cheese Quesadilla Southwestern Corn Fresh or Chilled Fruit Warm Cinnamon Churro School Lunch Hero Day |
| 8 China Popcorn Chicken with Sweet & Sour Dipping Sauce Rice Broccoli Mandarin Oranges | 9 Mexico Chicken & Cheese Quesadilla Steamed Corn Salsa Fresh or Chilled Fruit | 10 Germany All Beef Frankfurter on a Bun Potato Wedges Applesauce | 11 America Hamburger or Cheeseburger on a Bun Sweet Potato Crinkle Fries Home-Style Apple Crisp National BBQ Month | 12 Italy Pan Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit |
| 15 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit | 16 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit | 17 Lucky Tray Day Meatball Parm Sub Smile Fries Fresh Veggie Dippers Fresh or Chilled Fruit | 18 Grilled Cheese Sandwich Spiral Fries Fresh or Chilled Fruit | 19 Mini Cheese Pizza Bagels Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit |
| 22 Popcorn Chicken Confetti Rice Steamed Carrots Fresh or Chilled Fruit | 23 Baked Ziti Garlic Bread Sautéed Spinach Fresh or Chilled Fruit | 24 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit | 25 SCOOP-A-BOWL with Chicken, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, and Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit | 26 Assorted Pizza Selection Freshly Prepared Caesar Salad Fresh or Chilled Fruit |
| 29 Memorial Day School Closed | 30 Cheesesteak Sandwich Battered French Fries Fresh or Chilled Fruit | 31 Breakfast Bonanza! Breakfast Sausages Tater Tots Fresh or Chilled Fruit | Celebrate World Food Week! | |



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

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"