



NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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
	1 Hamburger on a Bun Confetti Fries Fresh or Chilled Fruit National Hamburger Month	2 Breakfast for Lunch Waffles with Strawberry Compote Breakfast Sausages Tater Tots Fresh or Chilled Fruit	3 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 Lightsaber Pizza Sticks with Marinara Sauce Chewbacca Cucumber Coins Fresh or Chilled Fruit School Lunch Hero Day
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 Breakfast for Lunch Sausage & Cheese on a Bun Smiley Fries Fresh or Chilled Fruit	9 Meatball Parm Sub Peas and Carrots Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Breakfast for Lunch French Toast Sticks Breakfast Sausages Hash Browns Fresh or Chilled Fruit	16 Chicken Sticks with Waffle Sticks Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18 Personal Pan Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	24 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28 Memorial Day School Closed	29 Pretzel Dog Baked Fries Cucumber Coins Fresh or Chilled Fruit	30 Chicken Parm with Pasta Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Breakfast Bonanza Breakfast Sausages Assorted Potatoes Fresh or Chilled Fruit	

Vegetarian Awareness Week

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

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"