



# Lopatcong Elementary School

## April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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 \$2.75  
 Reduced Lunch \$0.40  
 Adult Lunch \$3.50

MASCHIO'S MAIN EVENT

### Maschio's Swap Outs

**Monday:** Mozzarella Sticks With Marinara Sauce and Dinner Roll

**Tuesday:** Assorted Pizza

**Wednesday:** Pancakes w/ Breakfast Sausage

**Thursday:** Popcorn Chicken with Dinner Roll


**Friday:** Cheese Quesadilla with Salsa

Maschio's Swap Outs Available Daily

**Muffin Bag** with Muffin and Cheese Sticks

**Cereal Bag** with Cereal, Heartzle Pretzles, and Cheese Sticks

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>Pretzel Hot Dog</b> Battered French Fries 100% Juice Sorbet <b>Opening Day</b>	<b>4</b> <b>Breakfast for Lunch</b> <b>Waffles with</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>5</b> <b>Sloppy Joe on a Bun</b> Green Beans Fresh or Chilled Fruit	<b>6</b> <b>Fiesta Chicken</b> <b>Twin Taco</b> with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	<b>7</b> <b>Pizza Express</b> <b>Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>10</b> <b>Chicken Nuggets</b> <b>With Buttered Noodles</b> Smile Fries Fresh or Chilled Fruit	<b>11</b>  <b>Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce Tomatoes, &amp; Salsa</b> <b>Tostitos Scoops</b> <b>Steamer Corn</b> Fresh or Chilled Fruit	<b>12</b>  <b>Pizza Express</b> <b>Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	<b>13</b> <b>School Closed</b>	<b>14</b> <b>School Closed</b>
<b>17</b> <b>School Closed</b>	<b>18</b> <b>School Closed</b>	<b>19</b> <b>Pasta Day</b> <b>with Meatballs</b> Garlic Breadstick Sautéed Broccoli Fresh or Chilled Fruit <b>National Garlic Day</b>	<b>20</b> <b>New Item!</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage <b>Confetti Fries</b> Fresh or Chilled Fruit	<b>21</b> <b>Pizza Express</b> <b>Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>Eat the Colors of the Rainbow Week!</b>				
<b>24</b> <b>Popcorn Chicken</b> Buttered Noodles Tater Tots Fresh Celery Dippers Fresh or Chilled Fruit	<b>25</b> <b>Grilled Cheese on Pretzel Bun</b> Cucumber Coins Tomato Soup Fresh or Chilled Fruit <b>Earth Day</b>	<b>26</b> <b>Hot Turkey &amp; Cheese Croissant</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit <b>Heartzels Pretzels</b> <b>National Pretzel Day</b>	<b>27</b> <b>Hamburger or Cheese Burger on a Bun</b> Smile Fries Fresh or Chilled Fruit	<b>28</b> <b>Pizza Express</b> <b>Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
				



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

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: 908-859-0800

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

 Check us out on Facebook : Maschio's Food Services, Inc.

**Please Make Checks Payable To:**  
**Lopatcong Board of Education**