



Lopatcong Middle 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

Fast & Fresh

Bagel Bag– Bagel with Cheese Sticks
Cereal Bag– Cereal, Heartzel Pretzels, and Cheese Sticks

MEDITERRANEAN BISTRO

NY Style or Personal Pan Pizza with Assorted Toppings

Assorted Hamburgers with or without Cheese

Great Grillers

Buffalo or Plain Chicken Patty on a Bun
 Hot Dog on a Bun
 Corn Dog

Deli Central

Freshly Prepared Assorted Quality Deli Sandwiches

Freshly Prepared Assorted Salad Meals with Whole Grain Rolls



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



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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grand Slam Pretzel Hot Dog Battered French Fries 100% Juice Sorbet Opening Day	4 Fiesta Chicken Nacho Platter with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	5 Meatball Parm Hero ead Beans Italiano Fresh or Chilled Fruit	6 Breakfast for Lunch Pancakes with Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
10 Crispy Chicken Sandwich Smile Fries Fresh or Chilled Fruit	11 Chicken Fajita Wrap Rice Steamed Corn Fresh or Chilled Fruit	12 Lucky Tray Day Pizza Express Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	13 School Closed	14 School Closed
17 School Closed	18 School Closed	19 Oven Fried Chicken Dinner Roll Garlic Mashed Potato Fresh or Chilled Fruit National Garlic Day	20 New Item! Breakfast for Lunch French Toast Sticks Breakfast Sausage Confetti Fries Fresh or Chilled Fruit	21 Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
Eat the Colors of the Rainbow Week!				
24 Popcorn Chicken Warm Breadstick Tater Tots Fresh Celery Dippers Fresh or Chilled Fruit	25 Open Face Hot Turkey Sandwich Freshly Prepared Garden Salad Fresh or Chilled Fruit Earth Day	26 Hamburger or Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit Heartzels Pretzels National Pretzel Day	27 Beef Tacos Shredded Lettuce, Cheddar Cheese and Salsa Rice Steamed Corn Fresh or Chilled Fruit	28 Pizza Express Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit

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: 908-859-0800

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Please Make Checks Payable To:
 Lopatcong Board of Education