



# Lopatcong Middle School

## May 2017 Lunch Menu

Healthy Meals Grow Healthy Kids

### 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!

<b>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</b>	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**

### Great Grillers


Assorted Hamburgers with or without Cheese  
 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
<b>1</b> <b>Crispy Chicken Sandwich</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>2</b> <b>Mozzarella Sticks with Marinara</b> Heartzel Pretzels Caesar Salad Fresh or Chilled Fruit	<b>3 New Item!</b> <b>Wafflelicious Wednesday</b> <b>Waffles with Strawberries</b> Breakfast Sausages Sweet Potato Waffle Fries Fresh or Chilled Fruit	<b>4</b> <del>STAR WARS DAY</del> <b>Grilled Cheese and Ham Solo Sandwich</b> Vader Tater Tots Galaxy Swirl Sorbet	<b>5 New Items!</b> <del>CINCO DE MAYO</del> <b>Pizza Express Pizza</b> Southwestern Corn Fresh or Chilled Fruit School Lunch Hero Day
<b>8</b>  <b>China</b> <b>Sweet and Sour Chicken over Rice</b> Broccoli Mandarin Oranges	<b>9</b>  <b>Mexico</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa</b> Steamed Rice Steamed Corn Fresh or Chilled Fruit	<b>10</b>  <b>Germany</b> <b>All Beef Frankfurter on a Bun</b> Potato Wedges Applesauce	<b>11</b>  <b>America</b> <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Crinkle Fries Fresh or Chilled Fruit <b>National BBQ Month</b>	<b>12</b>  <b>Italy</b> <b>Pizza Express Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>15</b> <b>Chicken Nuggets</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>16</b> <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	<b>17</b>  <b>Lucky Tray Day</b> <b>Meatball Parm Sub</b> Smile Fries Fresh Veggie Dippers Fresh or Chilled Fruit	<b>18</b> <b>Oven Roasted Chicken</b> Mashed Potato Green Beans Fresh or Chilled Fruit	<b>19</b> <b>Pizza Express Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>22</b> <b>Popcorn Chicken</b> Confetti Rice Steamed Carrots Fresh or Chilled Fruit	<b>23</b> <b>Mini Cheese Calzone</b> Marinara Sauce Garden Salad Fresh or Chilled Fruit	<b>24</b> <b>Breakfast for Lunch French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	<b>25</b> <b>Pizza Express Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>26</b> <b>School Closed</b>
<b>29</b> <b>Memorial Day</b> <b>School Closed</b> 	<b>30</b> <b>Cheesesteak Sandwich with Peppers and Onions</b> Battered French Fries Fresh or Chilled Fruit	<b>31</b> <b>Corn Dog</b> Baked Beans Cole Slaw Fresh or Chilled Fruit	 <b>Celebrate World Food Week!</b>	

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](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"

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