

Lopatcong Elementary School

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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	\$3.50

Maschio's Swap Outs

- Monday:** Pizza Sticks With Marinara Sauce
- 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	 HAPPY HOLIDAYS			1 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 All-Natural Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	7 Breakfast For Lunch Waffles Sausages Sweet Potato Tots Warm Cinnamon Apples	8 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 Chicken Tender Basket Emoji Fries Pretzel Stick Fresh or Chilled Fruit	12 Lucky Tray Day! Bacon Cheese Burger On a Bun Sautéed Broccoli Fresh or Chilled Fruit	13 Grilled Ham & Cheese Pretzel Bun Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	14 Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	15 Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 Nacho Platter Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tortilla Chips Steamed Corn Fresh or Chilled Fruit	20 Holiday Meal Cheese Lasagna Rollup with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit <i>Holiday Pretzel</i>	21 First Day of Winter Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	22 Half Day No Lunch Served
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

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
Or Call Maschio's Food Services at: 908-859-0800

Please Make Checks Payable To:
Lopatcong Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"