

Lopatcong Elementary School

January 2018
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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, Hartzle Pretzles, and Cheese Sticks

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Popcorn Chicken Buttered Noodles Carrots Fresh or Chilled Fruit	3 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Orange Juice Sorbet	5 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Breakfast For Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	9 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	10 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16  Chicken Tender Basket Emoji Fries Snowman Pretzel Fresh or Chilled Fruit	17 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18  Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic Crispy Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 French Toast Minis Breakfast Ham Tater Tots Fresh or Chilled Fruit	26 Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Chicken Fries Buttered Noodles Peas & Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 Pizza Bagel Fresh Garden Salad Fresh or Chilled Fruit		

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"