

Lopatcong Elementary School

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roasted Chicken Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	2 Pizza Express Pizza Rainbow Garden Salad "Pink Ink Yink" Sorbet <i>Dr. Seuss' Birthday Read Across America</i>
5 Popcorn Chicken Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	6 <i>Breakfast for Lunch</i> French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	8 <i>Breakfast for Lunch</i> New Recipe! Sausage, & Cheese on a Croissant French Fries Fresh or Chilled Fruit	9 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
 National School Breakfast Week				
12 Chicken Nuggets with Dinner Roll French Fries Fresh Veggie Dippers Fresh or Chilled Fruit	13 <i>Taco Tuesday</i> Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	14 Roast Turkey with Gravy Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	15 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	16 <i>Lucky Tray Day</i> Pizza Express Pizza Freshly Prepared Caesar Salad Gelatin Fruit Cups
19 Chicken Tenders Buttered Noodles Emoji Fries Fresh or Chilled Fruit	20 <i>Spring Picnic</i> Pretzel Dog Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i>	21 Spaghetti with Meat Sauce Warm Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit	22 BBQ "MAC" Rib Sandwich French Fries Fresh or Chilled Fruit	23 Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 <i>Breakfast for Lunch</i> Waffles Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit	27 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	28 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	29 School Closed	30 School Closed

Connect with us!   



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
 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"