

Lopatcong Middle Middle School

March 2018

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

Fast & Fresh

Bagel Bag– Bagel with Cheese Sticks

Cereal Bag– Cereal, Heartzel Pretzels, and Cheese Sticks

MEDITERRANEAN BISTRO

NY Style or Personal Pan Pizza

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

Connect with us!   

 **Mac's Veggie Patch**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Hot Dog or Chili Dog Smile Fries Fresh or Chilled Fruit	2 Pizza Express Pizza Rainbow Garden Salad "Pink Ink Yink" Sorbet <i>Dr. Seuss' Birthday Read Across America</i>
5 Chicken Tender Soft Pretzel Stick Mashed Potatp Fresh or Chilled Fruit	6 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Pasta with Meat Sauce Garlic Bread Tossed Garden Salad Fresh or Chilled Fruit	8 Breakfast for Lunch New Recipe! Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit	9 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
 SCHOOL BREAKFAST National School Breakfast Week				
12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	13 Taco Tuesday 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 Lucky Tray Day New Recipe! Pizza Express Pizza Freshly Prepared Caesar Salad Gelatin Fruit Cups
19 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Bbq Chicken Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i>	21 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit	22 Philly Cheese Steak Peppers and Onions Baked Fries Fresh or Chilled Fruit	23 Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Hot Vegetable Fresh or Chilled Fruit	27 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	28 Pizza Express Pizza Freshly Prepared Caesar Salad Gelatin Fruit Cups	29 School Closed	30 School Closed

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

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

MENU SUBJECT TO CHANGE

 **Maschio's**
Food Services, Inc.
"This institution is an equal opportunity provider"