

Lopatcong Elementary School

April 2018 Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat

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: Assorted Pizza
Tuesday: Popcorn Chicken with Dinner Roll
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
2	3	4	5	6
Spring Recess! School Closed				
9	10	11	12	13
Chicken Nuggets Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	Creamy Mac & Cheese Soft Pretzel Stick-Green Beans Fresh or Chilled Fruit	Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16	17	18	19	20
Breakfast for Lunch New Item! Waffles Breakfast Sausages Sweet Potato Fries Fresh or Chilled Fruit Guava Strawberry Flip Fresh or Chilled Fruit	Sausage & Cheese on a Croissant Emoji Fries Fresh or Chilled Fruit	Cheese Lasagna Rollup with Marinara Sauce Warn Breadstick Broccoli Fresh or Chilled Fruit	Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	Pizza Express Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
Eat the Colors of the Rainbow Week				
23	24	25	26	27
Chicken Tenders Pretzel Stick French Fries Fresh or Chilled Fruit	Lucky Tray Day Meatball Parm Hero Fresh Cucumber Coins Fresh or Chilled Fruit	Roasted Chicken Dinner Roll Green Beans Freshly Prepared Italian House Salad Fresh or Chilled Fruit	National Pretzel Day Ham & Cheese Melt on a Pretzel Bun Emoji Fries Fresh or Chilled Fruit	Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
30				
Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli 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"