

Lopatcong Middle Middle 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

Fast & Fresh

Bagel Bag– Bagel with Cheese Sticks

Cereal Bag– Cereal, Hartzel Pretzels, and Cheese Sticks

MEDITERRANEAN BISTRO

NY Style or Personal Pan Pizza with Assorted Toppings

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

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Mac's Veggie Patch

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spring Recess! School Closed 	3 Spring Recess! School Closed	4 Chicken & Cheese Quesadilla Steamed Corn Fresh or Chilled Fruit	5 Turkey Club Sandwich Baked Chips Veggie Dippers Chilled or Fresh Fruit	6 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Chicken Tenders Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	12 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	13 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip	18 Grilled BBQ Chicken Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Pizza Express Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
Eat the Colors of the Rainbow Week				
23 Lucky Tray Day Corn Dog Nuggets Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	25 Pasta with Meatballs Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 National Pretzel Day Ham & Cheese Melt on a Pretzel Bun Emoji Fries Fresh or Chilled Fruit	27 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 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"