

Lopatcong Middle Middle School

May 2018 Lunch Menu

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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 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

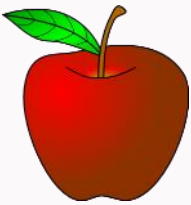




Freshly Prepared Assorted Quality Deli Sandwiches

Freshly Prepared Assorted Salad Meals with Whole Grain Rolls

Connect with us!   

Mac's Veggie Patch

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit	2 Breakfast for Lunch Waffles with Strawberry Compote Breakfast Sausages Smile Fries Fresh or Chilled Fruit	3  Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 STAR WARS DAY Pizza Express Pizza Chewbacca Cucumber Coins Fresh or Chilled Fruit
	National Hamburger Month			School Lunch Hero Day
7 Chicken Tenders Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 Philly Cheese Steak Baked Fries Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Meatball Parm Sub Peas and Carrots Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Pizza Express Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Chicken Fajita over Rice Steamed Broccoli Fresh or Chilled Fruit	16  Chicken Sticks with Waffle Sticks Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit	18 Pizza Express Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
Vegetarian Awareness Week				
21 Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 Breakfast for Lunch Pancakes Breakfast Sausages Emoji Fries Fresh or Chilled Fruit	23 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	24 Pizza Express Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	25 School Closed
28  Memorial Day School Closed	29 Buffalo Chicken Flat Bread Celery Dippers Fresh or Chilled Fruit	30 Chicken Parm Sandwich Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Turkey Club Sandwich Baked Chips Country Cole Slaw 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


"This institution is an equal opportunity provider"