



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

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

Connect with us!



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 National Hamburger Month	2 Spaghetti with Meat Sauce Garlic Breadstick Green Beans Fresh or Chilled Fruit 3 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	4 Pizza Express Pizza Chewbacca Cucumber Coins Fresh or Chilled Fruit School Lunch Hero Day	7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 BBQ "MAC" Rib Sandwich Baked French Fries Fresh or Chilled Fruit	9 Meatball Parm Hero Garden Salad Fresh or Chilled Fruit	10 Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	11 Pizza Express Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit	14 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	15 Pizza Sticks with Marinara Sauce Garlic Bread Stick Tossed Salad Fresh or Chilled Fruit	16 Philly Cheese Steak Hero Green Beans Fresh or Chilled Fruit	17 Grilled Cheese on a Croissant Emoji Fries Fresh or Chilled Fruit	18 Pizza Express Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
Vegetarian Awareness Week												
21 Bacon Hamburger or Cheeseburger On A Bun Potato Wedges Fresh or Chilled Fruit	22 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	24 Pizza Express Pizza Italian House Salad Freshly Prepared or Chilled Fruit	25 School Closed								
28 Memorial Day School Closed	29 Spicy General TSO's Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	30 Chicken Parm Hero Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Corn National Salsa Month Fresh or Chilled Fruit	20 School Closed								

Our well-balanced lunches available for the week, average between 550-650 calories.

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"