

Decker 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 a variety of different colored fruits & vegetables...your body will thank you later!

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	\$2.75
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

Maschio's Swap Outs

Monday: Cheeseburger on a Bun

Tuesday: Pizza

Wednesday: Chicken Tenders with a Dinner Roll

Thursday: Hot Dog on a Bun

Friday: Grilled Cheese Sandwich

Maschio's Swap Outs Available Daily

- Cereal Bag
- Bagel Bag
- PB & J Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 School Closed</p> 	<p>3 School Closed</p>	<p>4 Grilled Cheese Sandwich Chicken Noodle Soup Veggie Dippers Fresh or Chilled Fruit</p>	<p>5 Meatball Parmesan Hero Steamed Vegetables Fresh or Chilled Fruit</p>	<p>6 Bella's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>10 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>11 Grilled Cheese Sandwich Chicken Noodle Soup Veggie Dippers Fresh or Chilled Fruit</p>	<p>12 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit</p>	<p>13 Vinny's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>16 Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>	<p>17 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip</p>	<p>18 Turkey and Cheese Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit</p>	<p>19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>20 French Bread Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
Eat the Colors of the Rainbow Week				
<p>23 Creamy Mac & Cheese Soft Pretzel Stick-Green Beans Fresh or Chilled Fruit</p>	<p>24 Lucky Tray Day Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit</p>	<p>25 Pasta with Meat Sauce Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>	<p>26 National Pretzel Day Ham & Cheese Melt on a Pretzel Bun Emoji Fries Fresh or Chilled Fruit</p>	<p>27 Vinny's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>30 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>				

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: (973)398-6400 x215

POINT OF SALE SYSTEM AT MT ARLINGTON SCHOOL:
ALL STUDENT'S ARE GIVEN A PIN TO ACCESS THEIR ACCOUNT.
Please visit PAYFORIT.NET
to fund your child's online lunch account. You may also send in cash or check.

Please Make Checks Payable To:
Mt. Arlington B.O.E.

MENU SUBJECT TO CHANGE



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

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