

Mount Arlington

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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$3.50



Maschio's Swap Outs

Monday: Grilled Cheese Sandwich
Tuesday: Hot Dog on a Bun
Wednesday: Cheeseburger on Bun
Thursday: Turkey and Cheese Sandwich
Friday: Chicken Caesar Wrap

Maschio's Swap Outs Available Daily

PB&J Meal
 Bagel Meal
 Garden Salad with Chicken and a Dinner Roll
 Yogurt Parfait Meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed 	3 School Closed	4 Chicken Nuggets Breadstick Peas and Carrots Fresh or Chilled Fruit	5 Meatball Parmesan Hero Steamed Vegetables Fresh or Chilled Fruit	6 Bella's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
9 Popcorn Chicken 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 Vinny's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Garden 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 Roast Turkey w/ Gravy Mashed Potatoes Vegetable Medley Fresh or Chilled Fruit	19 SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	20 French Bread Pizza Fresh Tomato & Cucumber Salad Fresh or Chilled Fruit
Eat the Colors of the Rainbow Week				
23 Grilled Cheese Sandwich Tomato Soup Fresh Cucumber Coins Fresh or Chilled Fruit	24  Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit	25 Pasta with Meat Sauce 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 Vinny's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit				

Connect with us!   



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

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: (973) 398-4400 x317

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



"This institution is an equal opportunity provider"