



Mount Arlington

January 2018
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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
1 New Year's Day School Closed	2 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit	3 Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	4 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	5 Bella's Pizza New York Style Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Vinny's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 Chicken Tenders Mashed Potatoes w/ Gravy Vegetable Medley Fresh or Chilled Fruit	18 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 French Bread Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Breakfast For Lunch Pancakes Breakfast Sausages Potato Tots Fresh or Chilled Fruit	24 Winter Picnic BBQ Pulled Pork Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Cheese Steak Hero Oven Baked Fries Fresh or Chilled Fruit	26 Vinny's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread 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: (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.



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

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"