



Decker School

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food!" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
 5 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	 6 Breakfast for Lunch French Toast Breakfast Sausage Emoji Fries Fresh or Chilled Fruit	7 Pasta with Meat Sauce Garlic Bread Green Beans Fresh or Chilled Fruit	1 Creamy Mac & Cheese Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	2 Vinny's Pizza Rainbow Garden Salad "Pink Ink Yink" Sorbet Dr. Seuss' Birthday Read Across America
12 Grilled Cheese Sandwich Chicken Noodle Soup Fresh Veggie Dippers Fresh or Chilled Fruit	 13 Breakfast for Lunch Waffles Breakfast Sausages Emoji Fries Fresh or Chilled Fruit	14 Chicken Nuggets Dinner Roll Mashed Potatoes with Gravy Steamed Carrots Fresh or Chilled Fruit	8 Breakfast for Lunch Bacon, Egg, & Cheese Sandwich Baked Fries Fresh or Chilled Fruit	9 Twisted Cheesy Bread Sticks w/ Marinara Sauce- Freshly Prepared Garden Salad Fresh or Chilled Fruit
I SCHOOL BREAKFAST National School Breakfast Week				
19 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Hot Dog on a Bun Baked Beans Country Slaw Fresh or Chilled Fruit 1st Day of Spring	 21 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit	15 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	16 New Recipe! Vinny's Pizza Freshly Prepared Caesar Salad Gelatin Fruit Cups
26 Meatless Monday Cheese Ravioli with Marinara Sauce Warm Breadstick Steamed Vegetables Fresh or Chilled Fruit	27 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Emoji Fries Fresh or Chilled Fruit	22 Sweet & Sour Popcorn Chicken with Rice Broccoli Fresh or Chilled Fruit	23 Pizza Day Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Vinny's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit			30 School Closed	

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



"This institution is an equal opportunity provider"