



Mount Arlington

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 \$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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Creamy Mac & Cheese Dinner Roll Peas and Carrots Fresh or Chilled Fruit	2 Vinny's Pizza Rainbow Garden Salad "Pink Ink Yink" Sorbet
5 Popcorn Chicken Dinner Roll Baked Fries Fresh or Chilled Fruit	6 Breakfast for Lunch French Toast Breakfast Sausages Emoji Fries Fresh or Chilled Fruit	7 Pasta with Meat Sauce Garlic Bread Green Beans Fresh or Chilled Fruit	8 Breakfast for Lunch Bacon, Egg, & Cheese on a Pretzel Bun Sweet Potato Tots Fresh or Chilled Fruit	9 Twisted Cheesy Bread Sticks w/ Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
SCHOOL BREAKFAST National School Breakfast Week				
12 Chicken Tenders Mashed Potatoes w/ Gravy Steamed Vegetables Fresh or Chilled Fruit	13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	14 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers 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
19 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Mini Corn Dog Nuggets Baked Beans Country Slaw Fresh or Chilled Fruit	21 Lucky Tray Day! Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit	22 BBQ Pulled Pork on a Bun Baked Fries Fresh or Chilled Fruit	23 Mozzarella Sticks or Calzones with Marinara Sauce Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Vegetable Medley Fresh or Chilled Fruit	27 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	28 Chicken Fajita over Rice Steamed Corn 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 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"