



Mount Arlington

May 2018
Lunch Menu

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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
	1 Hamburger or Cheeseburger on a Bun Oven Fries Fresh or Chilled Fruit	2 Breakfast for Lunch Waffles with Strawberry Compote Breakfast Sausages Tater Tots Fresh or Chilled Fruit	3  Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4  Lightsaber Pizza Sticks with Marinara Sauce Chewbacca Cucumber Coins Fresh or Chilled Fruit
	National Hamburger Month			School Lunch Hero Day
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 Tortellini Alfredo Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Meatball Parm Sub Peas and Carrots Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Vinny's Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Chicken Parmesan Sandwich Green Beans Fresh or Chilled Fruit	15 Ham and Cheese on a Bun Potato Salad Fresh or Chilled Fruit	16  Chicken Sticks with Waffle Sticks Potato Tots Fresh or Chilled Fruit	17 Chicken and Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
21 Sweet and Sour Chicken over Rice Steamed Broccoli Fresh or Chilled Fruit	22 Mac & Cheese Pretzel Stick Steamed Veggies Fresh or Chilled Fruit	23 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	24 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 Vinny's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28  Memorial Day School Closed	29 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Corn Fresh or Chilled Fruit	30 Pasta with Meat Sauce Garlic Bread Stick Green Beans Fresh or Chilled Fruit	31 Hamburger or Cheeseburger on a Bun Oven Fries 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.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"