



Mount Arlington

May 2017 Lunch Menu

Healthy Meals Grow Healthy Kids

Mac's Nutrition News

Enjoy the nice spring weather and celebrate National BBQ Month with your friends and family!

Try a variety of grilled fruits and vegetables such as corn, zucchini, bell peppers, eggplant, Portobello mushrooms, asparagus, peaches, pineapples, apples, and more!

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: Popcorn Chicken with a Dinner Roll

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
1 Crispy Chicken Tenders Fresh Veggie Dippers Fresh or Chilled Fruit	2 Macaroni and Cheese Dinner Roll Vegetable Medley Fresh or Chilled Fruit	3 New Item! Wafflelicious Wednesday Waffles with Warm Berry Compote Breakfast Sausages Sweet Potato Waffle Fries Fresh or Chilled Fruit	4 STAR WARS DAY Grilled Cheese and Ham Solo Sandwich Tomato Soup Vader Tater Tots Galaxy Swirl Sorbet	5 New Items! CINCO DE MAYO Pizza Cheese Quesadilla Southwestern Corn Fresh or Chilled Fruit Warm Cinnamon Churro School Lunch Hero Day
8 China Sweet and Sour Chicken over Rice Broccoli Mandarin Oranges	9 Mexico Soft Taco with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa Steamed Rice Steamed Corn Fresh or Chilled Fruit	10 Germany All Beef Frankfurter on a Bun Potato Wedges Applesauce	11 America Hamburger or Cheeseburger on a Bun Sweet Potato Crinkle Fries Strawberry Jello National BBQ Month	12 Italy Vinny's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	16 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	17 Lucky Tray Day Pasta with Meat Sauce Caesar Salad Fresh or Chilled Fruit	18 Cheesesteak Sandwich with Peppers and Onions Smile Fries Fresh or Chilled Fruit	19 Cheese Calzone with Marinara Sauce Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
22 Popcorn Chicken Confetti Rice Steamed Carrots Fresh or Chilled Fruit	23 Meatball Parm Sub Green Beans Fresh or Chilled Fruit	24 BBQ Chicken on a Bun Baked Fries Fresh or Chilled Fruit	25 SCOOP-A-BOWL with Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, and Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	26 Vinny's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
29 Memorial Day School Closed 	30 Baked Chicken Mashed Potatoes Corn Fresh or Chilled Fruit	31 Pizza Burger Baked Fries Fresh or Chilled Fruit	 Celebrate World Food Week!	

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

 **Maschio's**
Food Services, Inc.

"This institution is an equal opportunity provider"



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



Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)