



Greenwich School

April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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 MAIN EVENT

Maschio's Swap Outs

Monday: Chicken Nuggets with Roll

Tuesday: Chicken Caesar Salad with Roll

Wednesday: Chicken Nuggets with Roll

Thursday: Chef Salad with Roll

Friday: Turkey & Cheese Sandwich

Maschio's Swap Outs Available Daily

PB & J Jamwich Meal

Bagel Meal :Bagel, Cheese Sticks, Fruit & Vegetable

Garden Salad with Egg or Cheese and Roll

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grand Slam Pretzel Hot Dog Battered French Fries 100% Juice Sorbet Opening Day	4 Fiesta Chicken Nacho Platter with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	5 Meatball Parm Hero Green Beans Italiano Fresh or Chilled Fruit	6 Breakfast for Lunch Pancakes with Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Stuffed Crust Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
10 Crispy Chicken Sandwich Smile Fries Fresh or Chilled Fruit	11 Sausage, Egg & Cheese on a Bun Assorted Potatoes Fresh or Chilled Fruit	12 Lucky Tray Day Mini Ravioli w/ Marinara Sauce Dinner Roll Green Beans Fresh or Chilled Fruit	13 Popcorn Chicken Rice & Dipping Sauces Steamed Broccoli Fresh or Chilled Fruit	14 School Closed
School Closed	School Closed	19 Grilled Cheese Sandwich Tater Tots Fresh or Chilled Fruit National Garlic Day	20 New Item! Breakfast for Lunch French Toast Sticks Breakfast Sausage Confetti Fries Fresh or Chilled Fruit	21 NY Style Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<h2>Eat the Colors of the Rainbow Week!</h2>				
24 Popcorn Chicken Warm Breadstick Tater Tots Fresh Celery Dippers Fresh or Chilled Fruit	25 Breakfast Bonanza Breakfast Sausages Hash Browns Fresh or Chilled Fruit Earth Day	26 Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit Heartzels Pretzels National Pretzel Day	27 Chicken & Cheese Quesadilla Corn, Salsa Sour Cream Fresh or Chilled Fruit	28 Assorted Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit



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: 908-859-2022

Lunch Tickets are available in the cafeteria:
 5 for \$13.75/10 for \$27.50 /20 for \$55.00
Please Make Checks Payable To:
Greenwich Township Board of Education

MENU SUBJECT TO CHANGE



"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)