



# Greenwich School

## March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



### Mac's Nutrition News Celebrate National Nutrition Month®! Take

the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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
		<b>1</b> <b>Mozzarella Sticks w/ Marinara Sauce</b> Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>2</b> <b>"Sam I Am" Grilled Cheese with Ham on a Pretzel Bun</b> "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet 	<b>3</b> <b>Twisted Cheesy Breadsticks with Marinara Sauce</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
<b>6</b> <b>Dipper Day</b> <b>Chicken Sticks with Waffle Sticks</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>7</b> <b>Breakfast for Lunch</b> <b>Egg, Bacon &amp; Cheese on a Bun</b> Assorted Fries Fresh or Chilled Fruit	<b>8</b> <b>New Item! Crazy Pasta Day</b> <b>with Meat Sauce</b> Garlic Bread Green Beans Italiano Fresh or Chilled Fruit	<b>9</b> <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Tater Tos Fresh or Chilled Fruit	<b>10</b> <b>NY Style Cheese Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>ARE YOU UP FOR THE CHALLENGE?</b>		<b>CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!</b>		
<b>13</b> <b>Chicken Nuggets</b> Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	<b>14</b> <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>15</b> <b>Meatball Parm Hero</b> Vegetable Medley Fresh or Chilled Fruit	<b>16</b> <b>Cheeseburger on a Bun</b> Baked Fries Fresh or Chilled Fruit	<b>17</b> <b>Lucky Tray Day</b> <b>Personal Pan Cheese Pizza</b> "Shamrock" Garden Salad Fresh or Chilled Fruit
<b>20</b> <b>Crispy Chicken Sandwich</b> Freshly Prepared Spring Mix Salad Home-Style Peach Crisp <b>1st Day of Spring</b>	<b>21</b> <b>Breakfast for Lunch</b> <b>Mini French Toast</b> Breakfast Sausages Smiley Potatoes Fresh or Chilled Fruit	<b>22</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	<b>23</b> <b>Hot Dog on a Bun with Toppings</b> Spiral Fries Fresh or Chilled Fruit	<b>24</b> <b>Mini Cheese Calzones with Marinara Sauce</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>27</b> <b>Popcorn Chicken</b> Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	<b>28</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	<b>29</b> <b>Breakfast for Lunch</b> <b>Waffle Sticks</b> Breakfast Sausages Spiral Fries Fresh or Chilled Fruit	<b>30</b> <b>Chicken Nuggets w/ Sweet &amp; Sour Dipping Sauce</b> Rice Steamed Broccoli Fresh or Chilled Fruit	<b>31</b> <b>Assorted Cheese Pizza</b> Freshly Prepared Caesar 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](http://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)