



# Greenwich School

## March 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!



### Mac's Nutrition News

**Celebrate National Nutrition Month!** Take the time this month to focus on the experience you have during mealtime. In addition to choosing healthy foods, it is important to create mindful eating habits such as:

- Slowing down to savor each bite
- Eating meals with your family and friends; avoid eating in front of the TV
- Being aware of when you are full

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



**Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Available Daily**



Check us out on Facebook : Maschio's Food Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>2 Horton Hears a Hamburger on a Bun</b> Fox in Socks Tater Tots Pink Ink Yink Sorbet 	<b>3 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Shredded Lettuce, Tomatoes, and Salsa</b> Rice Corn Fresh or Chilled Fruit	<b>4 New York Style Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>7 Chicken Fries with Dipping Sauce</b> Pretzel Stick Broccoli Fresh or Chilled Fruit	<b>8 Breakfast for Lunch French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	<b>9 Meatball Parm Hero</b> Green Beans Fresh or Chilled Fruit	<b>10 Oven Baked BBQ Chicken</b> Dinner Roll Mashed Potatoes Cole Slaw Fresh or Chilled Fruit	<b>11 Pizza Sticks with Marinara Sauce</b> Freshly Prepared Spring Mix Salad Warm Home-Style Apple Crisp  <b>Johnny Appleseed Celebration</b>
 <b>National School Breakfast Week: wake up!</b>	<b>14 Pretzel Dog</b> Baked Beans Fresh or Chilled Fruit	<b>15 Philly Cheesesteak Hero with Peppers &amp; Onions</b> Puzzle Fries Fresh or Chilled Fruit	<b>16 Lucky Tray Day Pasta Day with Meat Sauce</b> Broccoli Fresh or Chilled Fruit	<b>17 Chicken Tenders</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit
<b>21 Crispy Chicken Sandwich</b> Red Skin Potato Wedges Fresh or Chilled Fruit	<b>22 Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>23 New Item! Sausage &amp; Cheese on a Croissant</b> Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>24 Lucky Tray Day Chef Choice Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>25 SCHOOL CLOSED</b>
<b>28</b>	<b>29</b> <b>SPRING RECESS! SCHOOL CLOSED</b>	<b>30 Popcorn Chicken</b> Rice Honey Glazed Carrots Fresh or Chilled Fruit	<b>31 Breakfast for Lunch Waffles</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	<b>HAPPY SPRING!</b> 

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"