



St. Joseph Elementary

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!

SIDEKICKS

Hot Pretzel	\$0.60
Soup w/ Crackers	\$0.75
Large Cookie	\$0.75
Fresh Fruit Cup	\$0.50
Ice Cream	\$.75/2.00
Bagel w/ Butter	\$1.00
Bagel w/ Cr. Cheese	\$1.25
Assorted Chips	\$0.60
Small Water	\$0.50
Snapple	\$1.00
Nacho w/cheese	\$1.00

Student Lunch \$3.00

Adult Lunch \$3.00

Beverage Choice:

Your Meal Comes w/ the

Choice of:

Flavored/Unflavored

Low Fat Milk ,

Iced Tea, or Water

Maschio's Swap Outs

Monday: Italian Sub

Tuesday: Ham & Cheese on a Kaiser Roll

Wednesday: Egg Salad Sandwich

Thursday: Italian Sub

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich
Veggie Burger on a Bun
Pizza Squares
Chicken Tenders

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY SPRING!</p>		<p>1 Half Day No Lunch Served</p>	<p>2 "Sam I Am" Grilled Cheese with Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet Dr. Seuss' Birthday- Read Across America</p>	<p>3 Carmen's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>6 Crazy Pasta Day Stuffed Shells With Marinara Sauce Garlic Bread Italian House Salad Fresh or Chilled Fruit</p>	<p>7 Breakfast for Lunch Waffle Sticks Breakfast Sausages Fresh or Chilled Fruit</p>	<p>Pierogies With Sautéed Onions Fresh Tossed Salad Fresh or Chilled Fruit</p>	<p>9 Grilled Hot Dog on a Bun with Toppings French Fries Fresh or Chilled Fruit</p>	<p>10 Alfredo's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>ARE YOU UP FOR THE CHALLENGE?</p>		<p>CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!</p>		
<p>13 Chicken Nuggets Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p>14 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>15 Pasta Day Ravioli's With Marinara Sauce Garlic Roll Italian House Salad Fresh or Chilled Fruit</p>	<p>16 California Hamburger or Cheeseburger on a Bun Spiral Fries Fresh or Chilled Fruit</p>	<p>17 Carmen's Pizza "Shamrock" Garden Salad Fresh or Chilled Fruit</p>
<p>20 Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Home-Style Apple Crisp 1st Day of Spring</p>	<p>21 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>22 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>23 Grilled Hot Dog on a Bun with Toppings Spiral Fries Fresh or Chilled Fruit</p>	<p>24 Alfredo's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>27 Personal Pepperoni Pizza Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit</p>	<p>28 Grilled BBQ Chicken Sandwich Seasoned Green Beans Fresh or Chilled Fruit</p>	<p>29 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit</p>	<p>30 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>	<p>31 Carmen's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>



Check us out on Facebook : [Maschio's Food Services, Inc.](#)

MENU SUBJECT TO CHANGE

Questions or Concerns?

Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: 732-541-7111

Please Make Checks Payable To: Maschio's Food Services



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