

Park Lake School

January 2018 Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

All meals are served with the Vegetable of the Day, Fruit of the Day and Milk or Water

Student Lunch	\$2.40
Reduced Lunch	\$0.40
Adult Lunch	\$2.90

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich
Or
Cereal Bag- Cereal, Graham Crackers, and American Cheese Slices

Served with Vegetable of the Day, Fruit, and Beverage Choice

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Chicken Nuggets Mashed Potatoes w/ Gravy Fresh or Chilled Fruit	3 Baked Ziti Peas and Carrots Fresh or Chilled Fruit	4 Cheeseburger Sweet Tater Tots Fresh or Chilled Fruit	5 Pizza or Pizza Sticks Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Chicken Parm w/ Pasta Tossed Salad Fresh or Chilled Fruit	9 Mini Waffles Potato Wedges Sausage Fresh or Chilled Fruit	10 Cheeseburger Mac and Cheese or Chicken Nuggets Veggie Dippers Fresh or Chilled Fruit	11 Chicken Teriyaki Steamed Broccoli Mandarin Oranges Fortune Cookie Fresh or Chilled Fruit	12 Pizza or Pizza Sticks Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 Beef Hot Dog Baked Beans Potato Wedges Fresh or Chilled Fruit	17 Chicken Fried Rice Steamed Broccoli Fortune Cookie Fresh or Chilled Fruit	18 Grilled Cheese Sandwich Tomato Soup Veggie Dippers Fresh or Chilled Fruit	19 Pizza or Pizza Sticks Freshly Prepared Salad Fresh or Chilled Fruit
22 Chicken Tender Sandwich Tomato Soup Carrot Sticks Fresh or Chilled Fruit	23 Cheeseburger Potato Wedges Fresh or Chilled Fruit	24 Spaghetti and Meatballs Dinner Roll Peas Fresh or Chilled Fruit	25 Macaroni and Cheese Dinner Roll Broccoli Fresh or Chilled Fruit	26 Pizza or Pizza Sticks Tomato Salad Fresh or Chilled Fruit
29 Chicken Nuggets Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit	30 Grilled Cheese Sandwich Chicken Noodle Soup Peas Fresh or Chilled Fruit	31 Baked Ziti Dinner Roll Broccoli Fresh or Chilled Fruit		

Our well-balanced lunches available for the week meet the age-appropriate calorie requirements, 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) 983-1099

Please Make Checks Payable To: ESC of Morris County

Connect with us!   

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"