

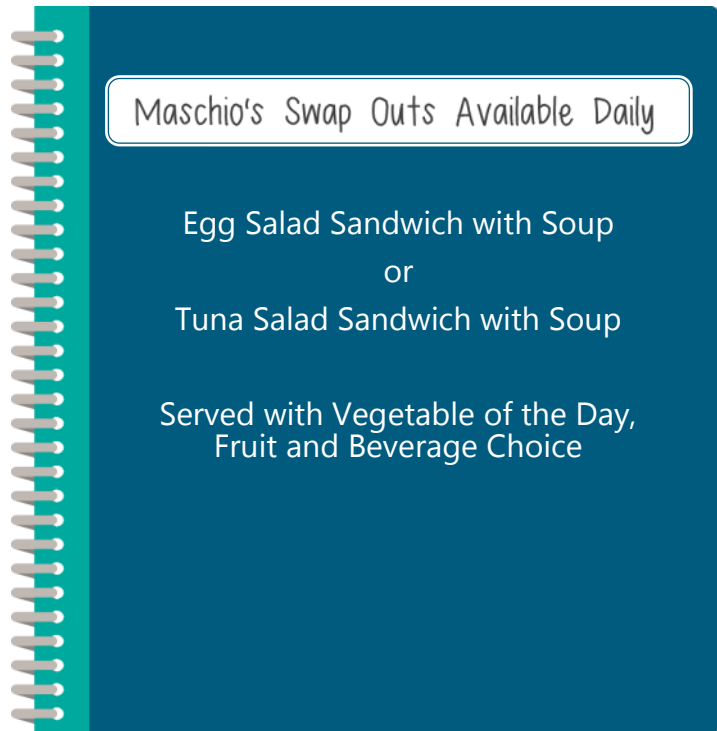
# Regional Day School

## 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 Juice.

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



Maschio's Swap Outs Available Daily

Egg Salad Sandwich with Soup  
or  
Tuna Salad Sandwich with Soup

Served with Vegetable of the Day,  
Fruit and Beverage Choice



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| 1<br><b>New Year's Day</b><br><br><b>School Closed</b>                                  | 2<br><b>Pancakes</b><br>Sausage<br>Hash browns<br>Fresh or Chilled Fruit                                 | 3<br><b>Boneless Rib Platter</b><br>Mashed Sweet Potatoes<br>Corn<br>Fresh or Chilled Fruit       | 4<br><b>Cheeseburger Macaroni and Cheese</b><br>Mixed Vegetables<br>Fresh or Chilled Fruit | 5<br><b>Pizza</b><br>Freshly Prepared Salad<br>Fresh or Chilled Fruit                |
| 8<br><b>Swedish Meatballs</b><br>Served Over Rice<br>Broccoli<br>Fresh or Chilled Fruit | 9<br><b>Beef Taco Salad</b><br>Served with Salsa<br>Fresh or Chilled Fruit                               | 10<br><b>Grilled Chicken</b><br>Mashed Potatoes w/ Gravy<br>Green Beans<br>Fresh or Chilled Fruit | 11<br><b>Grilled Cheese</b><br>Tomato Soup<br>Fresh or Chilled Fruit                       | 12<br><b>Pizza</b><br>Freshly Prepared Italian House Salad<br>Fresh or Chilled Fruit |
| 15<br><b>Martin Luther King Jr. Day</b><br><br><b>School Closed</b>                     | 16<br><b>Chicken Caesar Salad</b><br>Chicken Noodle Soup<br>Fresh or Chilled Fruit                       | 17<br><b>Chicken Quesadilla</b><br>Steamed Corn<br>Fresh or Chilled Fruit                         | 18<br><b>Bacon Cheeseburger</b><br>French Fries<br>Fresh or Chilled Fruit                  | 19<br><b>Pizza</b><br>Freshly Prepared Salad<br>Fresh or Chilled Fruit               |
| 22<br><b>Sweet and Sour Chicken</b><br>White Rice<br>Broccoli<br>Fresh or Chilled Fruit | 23<br><b>Boneless Rib Sandwich</b><br>French Fries<br>Fresh or Chilled Fruit                             | 24<br><b>Chicken Tenders</b><br>Mashed Potatoes<br>Carrots<br>Fresh or Chilled Fruit              | 25<br><b>Macaroni and Cheese</b><br>Mixed Vegetables<br>Fresh or Chilled Fruit             | 26<br><b>Pizza</b><br>Freshly Prepared Salad<br>Fresh or Chilled Fruit               |
| 29<br><b>Ravioli w/ Meatballs</b><br>Vegetable Medley<br>Fresh or Chilled Fruit         | 30<br><b>Breakfast For Lunch Pancakes</b><br>Breakfast Sausages<br>Hash browns<br>Fresh or Chilled Fruit | 31<br><b>Grilled Cheese</b><br>Vegetable Medley<br>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](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 973-539-9630

Please Make Checks Payable To: ESC of Morris County

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MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"