



# Park Lake

**March 2018  
Lunch Menu**

**NUTRITION NEWS: Celebrate National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

**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
	<p><i>Happy Spring!</i></p> 		<p><b>1 Cheese Burger Mac and Cheese</b> Dinner Roll Steamed Broccoli Fresh or Chilled Fruit</p>	<p><b>2 Pizza or Pizza Stick</b> Rainbow Garden Salad Fresh Fruit</p> <p style="text-align: right; font-size: small;">Dr. Seuss' Birthday Read Across America</p>
<p><b>5 Chicken Tenders</b> Chicken Noodle Soup Dinner Roll Celery Stick Fresh or Chilled Fruit</p>	<p><b>6 Breakfast for Lunch</b> <b>Waffles</b> Potato Wedge Sausage Fresh or Chilled Fruit</p>	<p><b>7 Pasta with Meat Sauce</b> Garlic Bread Green Beans Fresh or Chilled Fruit</p>	<p><b>8 Macaroni and Cheese</b> Honey Glazed carrots Fresh or Chilled Fruit</p>	<p><b>9 Pizza or Pizza Stick</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
	<p> <b>SCHOOL BREAKFAST</b></p>	<p>National School Breakfast Week</p>		
<p><b>12 Chicken Nuggets</b> Dinner Roll Broccoli Fresh or Chilled Fruit</p>	<p><b>13 Nachos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit</p>	<p><b>14 Roast Turkey with Gravy</b> Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p><b>15 Hamburger or Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit</p>	<p><b>16 Lucky Tray Day! New Recipe!</b> <b>Pizza or Pizza Stick</b> Freshly Prepared Caesar Salad Fresh Fruit</p>
<p><b>19 No Lunch Service</b> Field Trip</p>	<p><b>20 Spring Picnic</b> <b>Crispy Chicken Sandwich</b> Potato Wedges Fresh Fruit <i>1st Day of Spring</i></p>	<p><b>21 Half Day</b> <b>Meatball Parm Hero</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>22 Sweet &amp; Sour Popcorn Chicken with Rice</b> Broccoli Fresh or Chilled Fruit</p>	<p><b>23 Assorted Pizza</b> Freshly Prepared Carrots and Celery Sticks Fresh or Chilled Fruit</p>
<p><b>26 Meatless Monday</b> <b>Baked Ziti</b> <b>Marinara Sauce</b> Garlic Bread Broccoli Italiano Fresh or Chilled Fruit</p>	<p><b>27 Chicken Nuggets</b> Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p><b>28 Breakfast for Lunch</b> <b>Mini Waffles</b> Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit</p>	<p><b>29 SCOOP-A-BOWL</b> <b>Taco Meat &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> <b>Tostitos SCOOPS!</b> Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p><b>30 School Closed</b></p>

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) 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"