



Regional Day School

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 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 Grilled Cheese and Tomato Soup Fresh or Chilled Fruit	2 Pancakes Sausage Hash brown Fresh or Chilled Fruit <small style="color: green;">Dr. Seuss' Birthday Read Across America</small>
5 Grilled Chicken Club Baked Beans Fresh or Chilled Fruit	6 Soft Tacos Vegetable Medley Fresh or Chilled Fruit	7 Macaroni and Cheese Mixed Vegetables Fresh or Chilled Fruit	8 Chicken Parmesan Sandwich Freshly Prepared Italian House Salad Fresh or Chilled Fruit	9 Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
12 Boneless RIB Platter With Mashed Potatoes Carrots Fresh or Chilled Fruit	13 Ravioli and Meatballs Tossed Salad Fresh or Chilled Fruit	14 Chicken Quesadilla Spanish Rice Steamed Corn Fresh or Chilled Fruit	15 Grilled Chicken over Caesar Salad Carrots Fresh or Chilled Fruit	16 Cheese Burger w/ Cheddar Cheese Bacon Fries Fresh or Chilled Fruit
19 Sweet and Sour Chicken White Rice Broccoli Fresh or Chilled Fruit	20 Chicken Tenders Baked Beans Side of Macaroni and Cheese Fresh or Chilled Fruit <i style="color: green;">1st Day of Spring</i>	21 Half Day Pancakes Sausage Hash Browns Fresh or Chilled Fruit	22 Cheese Burger Oven Baked Potatoes Fresh or Chilled Fruit	23 Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit
26 Grilled Cheese and Tomato Soup Fresh or Chilled Fruit	27 Meatball Parm Baked French Fries Fresh or Chilled Fruit	28 Chili over White Rice Fresh or Chilled Fruit	29 Chicken Tenders Sweet Potato Fries Broccoli Fresh or Chilled Fruit	30 School Closed

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

Questions or Concerns? Please Visit 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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"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE