



# Park Lake School

## April 2018 Lunch Menu

**NUTRITION NEWS: Eat the Colors of the Rainbow Week** Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!



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
2	3	4	5	6
 <h2 style="color: purple;">Spring Recess! School Closed</h2>				
9 <b>Chicken Nuggets</b> Honey Glazed Carrots Fresh or Chilled Fruit	10 <b>Hot Dog</b> Baked Beans Sweet Potato Waffle Fries Fresh or Chilled Fruit	11 <b>Cheese Burger</b> Potato Wedge Fresh or Chilled Fruit	12 <b>Hot Open Faced Turkey Sandwich</b> Mashed Potatoes Corn Fresh or Chilled Fruit	13 <b>No Lunch Service</b>
16 <b>Chicken Nuggets</b> Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit	17 <b>Baked Ziti</b> Dinner Roll Broccoli Fresh or Chilled Fruit	18 <b>Taco Scoops</b> Rice Corn Fresh or Chilled Fruit	19 <b>Pasta w/ Meatballs</b> Tossed Salad Fresh or Chilled Fruit	20 <b>Pizza or Pizza Stick</b> Tossed Salad Fresh or Chilled Fruit
<h2 style="color: purple;">Eat the Colors of the Rainbow Week</h2>				
23 <b>Chicken Nuggets</b> Dinner Roll Sweet Potato Tots Fresh or Chilled Fruit	24 <b>Hot Dog</b> Baked Beans Potato Wedges Fresh or Chilled Fruit	25 <b>Chicken Fries Rice</b> With Broccoli Fresh or Chilled Fruit	26 <b>Taco Scoops</b> Rice Corn Fresh or Chilled Fruit	27 <b>Pizza or Pizza Stick</b> Tossed salad Fresh or Chilled Fruit
30 <b>Chicken Tender Hero</b> Steamed Broccoli Carrot Sticks 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) 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"