

Regional Day 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 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
<p>2</p> 	Spring Recess! School Closed			
<p>9</p> <p>Pancakes Breakfast Sausage Hash brown Fresh or Chilled Fruit</p>	<p>10</p> <p>Chicken Tenders Baked Fries Fresh or Chilled Fruit</p>	<p>11</p> <p>Creamy Mac & Cheese Vegetable Medley Fresh or Chilled Fruit</p>	<p>12</p> <p>Grilled Bacon Chicken Club Carrots Fresh or Chilled Fruit</p>	<p>13</p> <p>Assorted Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>16</p> <p>Meatless Monday Grilled Cheese Sandwich w/ Tomato Soup Fresh or Chilled Fruit</p>	<p>17</p> <p>Taco Tuesday Tossed Salad Fresh or Chilled Fruit</p>	<p>18</p> <p>Cheese Steak Sandwich Mashed Potatoes Fresh or Chilled Fruit</p>	<p>19</p> <p>Chicken Parmesan Platter Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>20</p> <p>Assorted Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
Eat the Colors of the Rainbow Week				
<p>23</p> <p>Pancakes Breakfast Sausage Tater Tots Fresh or Chilled Fruit</p>	<p>24</p>  <p>Ravioli Marinara Green Beans Fresh or Chilled Fruit</p>	<p>25</p> <p>Chicken Tenders Side of Macaroni and Cheese Baked Beans Fresh or Chilled Fruit</p>	<p>26</p> <p>Bacon and Cheeseburger Baked Fries Fresh or Chilled Fruit</p>	<p>27</p> <p>Assorted Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>30</p> <p>Grilled Cheese Sandwich w/ Tomato Soup Fresh or Chilled Fruit</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
Or Call Maschio's Food Services at: 973-539-9630

Please Make Checks Payable To: ESC of Morris County

Connect with us!   

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"