



# Park Lake School

May 2018  
Lunch Menu

**NUTRITION NEWS:** May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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
	1 <b>Hot Dog on a Bun</b> Baked Beans Cauliflower Fresh or Chilled Fruit	2 <b>Baked Ziti</b> Garlic Bread Broccoli Fresh or Chilled Fruit	3 <b>Cheeseburger Macaroni and Cheese</b> <b>or</b> <b>Chicken Nuggets</b> Sweet Peas Fresh or Chilled Fruit	4 <b>Pizza or Pizza Stick</b> Tossed Salad Fresh or Chilled Fruit
7 <b>Chicken Nuggets</b> Mashed Potatoes w/ Gravy Fresh or Chilled Fruit	8 <b>Cheeseburger</b> Potato Wedges Fresh or Chilled Fruit	9 <b>No Lunch Service</b>	10 <b>Taco Scoops</b> w/ Lettuce, Tomato and Salsa Corn Rice Fresh or Chilled Fruit	11 <b>Pizza or Pizza Stick</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit
14 <b>Chicken Tenders</b> Butter Egg Noodles Broccoli Italiano Fresh or Chilled Fruit	15 <b>Spaghetti w/ Meatballs</b> Dinner Roll Tossed Salad Fresh or Chilled Fruit	16 <b>Lucky Tray Day</b> <b>Chicken and Cheese Quesadilla w/ Sour Cream</b> Corn Fresh or Chilled Fruit	17 <b>No Lunch Service</b>	18 <b>Pizza or Pizza Stick</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 <b>Chicken Nuggets</b> Sweet Peas or Carrot Sticks Fresh or Chilled Fruit	22 <b>Hot Dog on a Bun</b> BBQ Baked Beans Carrot Stick Fresh or Chilled Fruit <b>National BBQ Month</b>	23 <b>Mini Waffles</b> Sausage Potato Wedges Fresh or Chilled Fruit	24 <b>Open Face Turkey Sandwich</b> Corn Mashed Potatoes w/ Gravy Fresh or Chilled Fruit	25 <b>Pizza or Pizza Stick</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28 <b>Memorial Day</b>  <b>School Closed</b>	29 <b>Chicken Nuggets</b> Vegetable Medley Fresh or Chilled Fruit	30 <b>Baked Ziti</b> Vegetable Medley Fresh or Chilled Fruit	31 <b>Taco Scoops</b> w/ Lettuce, Tomato and Salsa Corn Rice 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

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"