



Regional Day 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 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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Macaroni and Cheese Mixed Vegetables Fresh or Chilled Fruit	2 Fish Filet Sandwich Baked Fries Seasoned Green Beans Fresh or Chilled Fruit	3 Chicken Tenders Mashed Potatoes Carrots Fresh or Chilled Fruit	4 Beef Quesadilla w/ Salsa and Sour Cream Rice Fresh or Chilled Fruit
7 Cheese Ravioli and Meatballs Steamed Broccoli Fresh or Chilled Fruit	8 Sloppy Joe Sandwich Tater Tots Fresh or Chilled Fruit	9 No Lunch Service School Trip	10 Sweet and Sour Chicken Steamed Rice Fresh or Chilled Fruit	11 Cheese Pizza Freshly Prepared Salad Fresh or Chilled Fruit
14 Chicken Tenders w/ Side of Macaroni and Cheese Fresh or Chilled Fruit	15 Cheese Steak Sandwich Baked Fries Fresh or Chilled Fruit	16 Cheese Ravioli and Meatballs Tossed Salad Fresh or Chilled Fruit	17 Sloppy Joe Sandwich Tater Tots Fresh or Chilled Fruit	18 Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Crispy Chicken Sandwich Sweet Potato Fries Baked Beans Fresh or Chilled Fruit	22 Taco Tuesday Rice Fresh or Chilled Fruit	23 Chicken Parm Platter Mashed Potatoes Steamed Broccoli Fresh or Chilled Fruit	24 Fish Filet Sandwich Green Beans Baked Fries Fresh or Chilled Fruit	25 No Lunch Service Field Day
28 Memorial Day  School Closed	29 Pancakes Sausage Tater Tots Fresh or Chilled Fruit	30 Cheeseburger Baked Fries Fresh or Chilled Fruit	31 Grilled Chicken Mashed Potatoes Corn 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
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"



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily