

Mount Olive Elementary Schools

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 and/or a selection from Mac's

Student Lunch	\$3.50
Reduced Lunch	\$0.40
Adult Lunch	\$4.50

Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Maschio's Swap Outs

Monday: French Bread Pizza

Tuesday: Cereal Meal

Wednesday: Tuna Fish Sandwich

Thursday: Chicken Nuggets with Dinner Roll

Friday: Grilled Cheese Sandwich

Maschio's Swap Outs Available Daily

Hot Dog on a Bun

Yogurt Bag: Low Fat Yogurt, Cheese Stick and Graham Crackers

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
 <h1 style="color: purple;">Spring Recess! School Closed</h1>				
9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 Breakfast for Lunch Waffles Breakfast Sausages Sweet Potatoes Fresh or Chilled Fruit	11 Pasta w/ Sauce Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	12 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	13 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit
16 Chicken Tenders Warm Breadstick Vegetable Medley Fresh or Chilled Fruit	17 Breakfast for Lunch Pancakes Breakfast Sausages Sweet Potatoes Fresh or Chilled Fruit	18 Grilled BBQ Chicken Sandwich Vegetable Medley Fresh or Chilled Fruit	19 Nacho Platter with Chicken, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit
<h2 style="color: purple;">Eat the Colors of the Rainbow Week</h2>				
23 Chicken Nuggets Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24  Cheese Steak Calzone Oven Baked Fries Fresh or Chilled Fruit	25 Pasta with Meat Sauce Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 Grilled Ham and Cheese Sandwich Emoji Fries Fresh or Chilled Fruit	27 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit
30 Chicken Patty Sandwich Vegetable Medley Fresh or Chilled Fruit				

Our well-balanced lunches available for the week, average between 550-650 calories, 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: 973-927-2208 extension 7800

You can now make payments online at www.payforit.net
Please Make Checks Payable To:
Mount Olive Twp Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"