

Mount Olive Elementary Schools

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food!" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

All meals are served with the **Vegetable of the Day** and/or a selection from **Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice**

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

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
	<p style="font-size: 2em; color: #4CAF50;">Happy Spring!</p>		<p>1 Creamy Mac & Cheese Dinner Roll Steamed Broccoli Fresh or Chilled Fruit</p>	<p>2 Assorted Pizza Rainbow Garden Salad "Pink Ink Yink" Sorbet</p> <p style="text-align: right; font-size: 0.8em; color: #4CAF50;">Dr. Seuss' Birthday Read Across America</p>
<p>5 Chicken Tenders Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit</p>	<p>6 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>7 Pasta with Meat Sauce Garlic Bread Sautéed Spinach Fresh or Chilled Fruit</p>	<p>8 Breakfast for Lunch New Recipe! Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit</p>	<p>9 Assorted Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p> SCHOOL BREAKFAST National School Breakfast Week</p>				
<p>12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>14 BBQ Chicken Sandwich Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p>15 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit</p>	<p>16 Lucky Tray Day! New Recipe! Assorted Pizza Freshly Prepared Caesar Salad Gelatin Fruit Cups</p>
<p>19 Popcorn Chicken Emoji Fries Fresh or Chilled Fruit</p>	<p>20 Spring Picnic Pretzel Dog Baked Beans Fresh or Chilled Fruit</p> <p style="text-align: center; color: #4CAF50;">1st Day of Spring</p>	<p>21 Chicken Parm Hero Vegetable Medley Fresh or Chilled Fruit</p>	<p>22 Sweet & Sour Popcorn Chicken with Rice Broccoli Fresh or Chilled Fruit</p>	<p>23 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p>27 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch Pancakes Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit</p>	<p style="font-size: 1.5em; color: #4CAF50;">School Closed</p>	<p style="font-size: 1.5em; color: #4CAF50;">School Closed</p>

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"