



**Mount Olive  
Elementary Schools**  
**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 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

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**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
	1 <b>Hamburger or Cheeseburger on a Bun</b> French Fries Fresh or Chilled Fruit	2 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Sweet Potatoes Fresh or Chilled Fruit	3  <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Steamed Rice Vegetable Medley Fresh or Chilled Fruit	4 <b>Assorted Pizza</b> Marinara Sauce Vegetable Medley Fresh or Chilled Fruit
	<b>National Hamburger Month</b>			
7 <b>Chicken Nuggets</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 <b>Pasta w/ Sauce</b> Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 <b>Chicken Parm Sub</b> Vegetable Medley Fresh or Chilled Fruit	10 <b>Chicken Fajitas</b> Vegetable Medley Fresh or Chilled Fruit	11 <b>Assorted Pizza</b> Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 <b>Meatless Monday Grilled Cheese Sandwich</b> Vegetable Medley Fresh or Chilled Fruit	15 <b>Oven Roasted Turkey</b> Vegetable Medley Dinner Roll Fresh or Chilled Fruit	16  <b>Chicken Sticks with Waffle Sticks</b> Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	17 <b>Cheese Quesadilla with Salsa</b> Vegetable Medley Fresh or Chilled Fruit <b>National Salsa Month</b>	18 <b>Assorted Pizza</b> Vegetable Medley Fresh or Chilled Fruit
21 <b>Crispy Chicken BLT Sandwich</b> Potato Wedges Fresh or Chilled Fruit	22 <b>Hot Dog on a Bun</b> BBQ Baked Beans Fresh or Chilled Fruit <b>National BBQ Month</b>	23 <b>BBQ Chicken Sandwich</b> Vegetable Medley Fresh or Chilled Fruit	24 <b>Breakfast for Lunch</b> Breakfast Sausages Sweet Potatoes Fresh or Chilled Fruit	25 <b>Assorted Pizza</b> Vegetable Medley Fresh or Chilled Fruit
28  <b>Memorial Day</b>  <b>School Closed</b>	29 <b>Popcorn Chicken</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	30 <b>Chicken Parm with Pasta</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 <b>Grilled Cheese</b> 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](http://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](http://www.payforit.net)  
**Please Make Checks Payable To:**  
**Mount Olive Twp Board of Education**

MENU SUBJECT TO CHANGE

