

ST. PETER'S April 2013 Lunch Menu

"Healthy Meals for Healthy Kids!"

MAC's Nutrition News

Celebrate Earth Day on April 22nd by focusing on eating food that comes fresh out of the Earth-
Fruits and Vegetables!

Select the fruit of the day and vegetable of the day along with a veggie from Mac's Veggie Patch with your lunch!



Student Lunch \$2.75
Reduced Lunch \$0.40
Adult Lunch \$3.50

All Meals Served with:
Vegetable of the Day and 1 selection from Mac's Veggie Patch, Fruit of the Day & Low Fat Milk Choice

MASCHIO'S MAIN EVENT

Maschio's Swap Outs

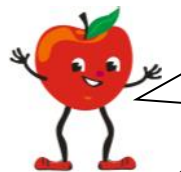
All Swap Out Meals come with Vegetable of the Day, Selection from Mac's Veggie Patch, Fruit of the Day & Low Fat Milk Choice

- Monday: Grilled Chicken Caesar Salad Wrap
- Tuesday: Beef Teriyaki Salad w/ Whole Wheat Roll
- Wednesday: Turkey Ham & Cheese on Whole Wheat Bread
- Thursday: Crispy Chicken Salad w/ Whole Wheat Roll
- Friday: Hummus Platter w/ Grapes, Whole Wheat Pita & Veggie Sticks

Swap Outs' Available Daily:

- Low Fat Yogurt Meal w/ Graham Crackers
- Fruit & Cheese Platter w/ Pita Bread

Our well-balanced lunches available for the week, average between 600-650 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 Your School (973)759-3143

MAC'S VEGGIE PATCH
CARROT STICKS, SALAD CUP
OR BEAN SALAD



Maschio's Food Services, Inc.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fruit of the Month: Grapes		Vegetable of the Month: Broccoli	
8 POPCORN CHICKEN W/ DIPPING SAUCE SLICED CARROTS DINNER ROLL CHILLED FRUIT	9 FAJITA CHICKEN WRAP SEASONED RICE BROCCOLI CHILLED FRUIT	10 HAM & CHEESE MELT ON A PRETZEL BUN CREAMY TOMATO SOUP VEGETABLE DIPPERS CHILLED FRUIT	11 WAFFLES W/ SYRUP SAUSAGE HASHBROWN CHILLED FRUIT	12 PIZZA ROMAINE & TOMATO SALAD CHILLED FRUIT
15 CHICKEN TENDERS HOT PRETZEL CREAMY COLESLAW BAKED BEANS CHILLED FRUIT	16 TWIN TACOS WITH SALSA & SOUR CREAM CORN SEASONED RICE CHILLED FRUIT	17 BAKED MAC & CHEESE GREEN BEANS DINNER ROLL TOSSED SALAD CHILLED FRUIT	18 HOT DOG ON A BUN POTATO WEDGES CHILLED FRUIT	19 PIZZA TOSSED SALAD CHILLED FRUIT
22 MEATBALL SUB SANDWICH CELERY STICKS SWEET POTATO TOTS CHILLED FRUIT	23 NACHO PLATTER TACO MEAT LETTUCE & TOMATO SALSA & SOUR CREAM CHILLED FRUIT	24 BBQ CHICKEN BUTTERED NOODLES SLICED CARROTS CHILLED FRUIT	25 PANCAKES W/ SYRUP SAUSAGE TATER TOTS CHILLED FRUIT	26 PIZZA ROMAINE & TOMATO SALAD CHILLED FRUIT
29 BREADED CHICKEN SANDWICH WITH CHEESE CELERY STICKS W/ DIP OVEN BAKED FRIES CHILLED FRUIT	30 TWIN TACOS TACO MEAT LETTUCE & TOMATO SEASONED RICE STEAMED CORN SALSA & SOUR CREAM CHILLED FRUIT	1 MAY	2 HAMBURGER TATER TOTS CELERY STICKS CHILLED FRUIT	3 PIZZA TOSSED SALAD CHILLED FRUIT

Fruit of the Month:
Grapes
Vegetable of the Month:
Broccoli

MENU SUBJECT TO CHANGE

All Meals Options Served with Choice of Flavored Fat
Free Milk or
Unflavored 1% Milk/
Fat Free Milk

