

St. Peter's

April 2014 Lunch Menu

"Healthy Meals Grow 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 \$3.00
- 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 Swap Outs

Monday: Grilled Chicken Caesar Salad Wrap
 Tuesday: Beef Teriyaki Salad w/ Dinner Roll
 Wednesday: Turkey, Ham & Cheese Sandwich
 Thursday: Crispy Chicken Salad w/ Dinner Roll
 Friday: Tuna Salad Sandwich

Swap Outs' Available Daily

Yogurt Bag
 Bagel Bag
 Cereal Bag

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 (973)759-3143

MAC'S VEGGIE PATCH

Carrot Sticks,
 Featured Salads, Bean Salad,
 or Veggie Dippers

Available Daily

FRUIT OF THE MONTH:



VEGETABLE OF THE MONTH:



rBST-free

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Celebrate National Pretzel Day this month! Look out for the Warm Soft Pretzel Stick symbol on your menu	1 Grilled Cheese Sandwich w/ Tomato Soup Crunchy Veggie Dippers w/ Dip Fresh or Chilled Fruit	2 Opening Day "Grand Slam" Hot Dog on a Bun served w/ Sauerkraut "Out of the Park" Smiley Fries Fresh or Chilled Fruit M.V.Pretzel Stick	3 Crispy Chicken Nuggets Fluffy Rice Green Bean Salad Fresh or Chilled Fruit	4 Pizzeria Pizza Freshly Made Romaine Salad Fresh or Chilled Fruit
7 New Item Sweet & Sour Pineapple Chicken w/ Rice & Sautéed Broccoli Fresh or Chilled Fruit Fortune Cookie	8 Breakfast for Lunch Country Waffles w/ Syrup Breakfast Sausages Hash Browns Warm Cinnamon Apples	9 Crazy Pasta Day w/ Meatballs & Marinara Sauce Freshly Made Garden Salad Fresh Red Grapes	10 iFIESTA! Twin Tacos w/ Meat, Cheese, Shredded Lettuce, Diced Tomatoes & Salsa Tex-Mex Rice Fiesta Corn Fresh or Chilled Fruit	11 Pizzeria Pizza Freshly Made Spring Mix Salad Fresh or Chilled Fruit
MAC's Rainbow Week: Eat a Rainbow of Fruits and Vegetables!				
14 Popcorn Chicken Warm Soft Pretzel Stick Mashed Potatoes Green Peas Fresh or Chilled Fruit	15 Baked Home-Style Macaroni & Cheese Warm Breadstick Broccoli Fresh or Chilled Fruit	16 New Item Smokey BBQ "MAC" Rib Sandwich served w/ Pickle Chips Sweet Potato Fries Creamy Cole Slaw Fresh or Chilled Fruit	17 SCHOOL CLOSED	18 SCHOOL CLOSED
21 SCHOOL CLOSED	22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED	25 SCHOOL CLOSED
28 Crispy Chicken Nuggets Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit Mini Corn Muffin	29 Crazy Pasta Day w/ Meat Sauce Freshly Made Spring Mix Salad Fresh or Chilled Fruit Pudding Cup	30 Golden Corn Dog Potato Rounds Hot Veggie of the Day Fresh or Chilled Fruit	MENU SUBJECT TO CHANGE All Meals Options Served with Choice of Flavored Fat Free Milk or Flavored 1% Milk/ Fat Free Milk	

MASCHIO'S MAIN EVENT

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"