



St. Peter's

March 2015 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News: Celebrate National Nutrition Month ®


Create achievable goals this month to **Bite into a Healthy Lifestyle!**

-Focus on making healthy food choices. A goal for example could be to increase your vegetable intake by being mindful to select and consume the vegetable of the day with your lunch.

-Exercise to energize- focus on getting at least 60 minutes of physical activity per day. For example you can join an afterschool activity with your friend, such as indoor swim classes, indoor hockey, ice-skating, indoor basketball etc.

Create your own goals and share them with your friends and family for extra motivation!

All Meals Served with:

- Vegetable of the Day and/or a selection from Mac's Veggie Patch,
- Fruit of the Day and  1ST-5th
- Low Fat Milk Choice

- Student Lunch \$3.00
- Reduced Lunch \$0.40
- Adult Lunch \$3.50

Maschio's Swap Outs

- Monday: Grilled Chicken Caesar Salad Wrap
- Tuesday: Chef 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

Mac's Veggie Patch

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



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



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 "Hop On Pop" Poppcorn Chicken Pretzel Stick Who-Ville Fries Pink Yink Ink Sorbet 	3 Macaroni & Cheese Bread Sticks Green Beans Fresh or Chilled Fruit It's National School Breakfast Week! Make the Grade with SCHOOL BREAKFAST	4 New Item Walking Nachos: Doritos® Nacho Cheese Chips with Taco Meat, Shredded Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh Apple	5 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh Pear	6 Pizzeria Pizza Freshly Prepared Romaine Salad Fresh or Chilled Fruit
9 Crispy Chicken Nuggets Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit	10 Burger or Cheese Burger Potato Fries Lettuce & Tomatoes Fresh or Chilled Fruit	11 Pasta Day with Meat Sauce Freshly Prepared Garden Salad Warm Apple Crisp 	12 Oven Roasted Chicken Dinner Roll Mashed Potatoes with Gravy Mixed Vegetable Medley Fresh or Chilled Fruit	13 Pizzeria Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
16 Crispy Chicken Sandwich Smile Potato Fries Fresh or Chilled Fruit	17 Lucky Tray Day Twin Taco Rice & Beans Lettuce & Tomatoes Fresh or Chilled Fruit	18 Mini Burger Sliders Baked Beans Veggie Dippers Fresh or Chilled Fruit	19 New Item Breakfast for Lunch Egg & Cheese on a Pretzel Bun Cinnamon Maple Sweet Potato Tots Fresh Juicy Orange	20 Pizzeria Pizza Freshly Prepared Tomato Cucumber Salad Fresh or Chilled Fruit 1st Day of Spring
23 New Item Dipper Day Chicken Sticks Waffle Sticks Veggie Sticks with Dipping Sauces Fresh or Chilled Fruit	24 Sweet & Sour Chicken Rice Carrots Fresh or Chilled Fruit	25 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	26 Grilled Cheese Sandwich Tomato Soup Sautéed Green Beans Fresh or Chilled Fruit	27 Pizzeria Pizza Freshly Prepared Romaine Salad Fresh or Chilled Fruit
30 Poppcorn Chicken Dinner Roll Roasted Potatoes Sautéed Spinach Fresh or Chilled Fruit	31 Burger or Cheese Burger Potato Fries Lettuce & Tomatoes Fresh or Chilled Fruit	MENU SUBJECT TO CHANGE		Look for New Items throughout the month!



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