

# Hamburg School

April 2018  
Lunch Menu

**NUTRITION NEWS: Eat the Colors of the Rainbow Week** Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

All meals are served with the Vegetable Student Lunch \$2.90  
of the Day and/or a selection from Reduced Lunch \$0.40  
Mac's Veggie Patch, Fruit of the Day  
and Low Fat Milk Choice Adult Lunch \$3.60

## Maschio's Swap Outs

**Monday:** Ham and Cheese Sandwich  
**Tuesday:** Hot Dog on a Bun  
**Wednesday:** Egg Salad Sandwich  
**Thursday:** Chicken Basket  
**Friday:** Tuna on Rye Bread

Maschio's Swap Outs Available Daily

Assorted Pizza

Assorted Cereal Meal

Bagel & Yogurt Meal

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Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 Hamburger or Cheese Burger BBQ Baked Beans Fresh or Chilled Fruit	5 Grilled Cheese and Tomato Soup Fresh or Chilled Fruit	6 Assorted Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 Chef Day Pasta Bar Assorted Pasta Assorted Sauces Tossed Salad Garlic Bread Special Dessert	11 Breakfast for Lunch Bacon, Egg and Cheese on a Bagel Sweet Potatoes Fresh or Chilled Fruit	12 Hamburger or Cheeseburger on a Bun Potato Wedge Fresh or Chilled Fruit	13 Assorted Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Vegetable Medley Fresh or Chilled Fruit	17 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry	18 Grilled BBQ Chicken Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 Nacho Platter with Chicken, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Cheese Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
23 Roasted Chicken Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24 Chicken Tacos Steamed Rice Corn Fresh or Chilled Fruit	25 Baked Ziti Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 National Pretzel Day Grilled Ham and Cheese on Pretzel Bun Emoji Fries Fresh or Chilled Fruit	27 Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	 <p><i>eat a rainbow of fruits and veggies</i></p>			

Eat the Colors of the Rainbow Week

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](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 973-827-7570 x 216

Prepayment of Lunch available in the cafeteria:  
10 for \$29.00/ 20 for \$58.00

Please Make Checks Payable To:  
Hamburg Board of Education

MENU SUBJECT TO CHANGE

  
Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"