



# Hamburg School

## March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



### Mac's Nutrition News Celebrate National Nutrition Month®! Take

the time this month to "put your best fork forward" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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 \$2.80

Reduced Lunch \$0.40

Adult Lunch \$3.50

### Maschio's Swap Outs

**Monday:** Turkey & Cheese Sandwich

**Tuesday:** Ham & Cheese on a Roll **or** Hot Dog on a Bun

**Wednesday:** Egg Salad Sandwich **or** Pizza

**Thursday:** Italian Sub Sandwich **or** Wrap

**Friday:** Tuna Salad Wrap

Maschio's Swap Outs Available Daily

Tossed Greens with Protein and Dinner Roll

Tuna & Lettuce Wrap

Bagel & Yogurt Meal

Soy Butter & Jelly Sandwich

# MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Pasta Alfredo with Garden Veggies Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>2</b> "Sam I Am" Grilled Cheese with Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet 	<b>3</b> Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
<b>6</b> Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit	<b>7</b> Breakfast for Lunch Pancakes Breakfast Sausage Patty Roasted Maple Cinnamon Sweet Potatoes Blueberries	<b>8</b> New Item! Crazy Pasta Day with Meat Sauce Garlic Bread Green Beans Italiano Fresh or Chilled Fruit	<b>9</b> Chicken Fajitas with Peppers & Onions over Rice Corn Fresh or Chilled Fruit	<b>10</b> NY Style Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>13</b> School Closed		<b>14</b> SCOOP-A-BOWL Chicken Nachos, Shredded Cheddar Cheese over Rice with Lettuce, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>15</b> Sloppy Joe on a Bun Smile Fries Fresh or Chilled Fruit	<b>16</b> Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit
<b>20</b> Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Home-Style Peach Crisp 1st Day of Spring	<b>21</b> BBQ Pulled Pork Cheddar Melt on a Hero Roll Spiral Fries Fresh or Chilled Fruit	<b>22</b> Oven Roast Turkey Mashed Potatoes & Gravy Green Beans Dinner Roll Fresh or Chilled Fruit	<b>23</b> Hot Dog on a Bun with Toppings Seasoned Potato Wedges Fresh or Chilled Fruit	<b>24</b> Mini Cheese Calzones with Marinara Sauce Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>27</b> Popcorn Chicken Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	<b>28</b> Twin Soft Tacos with Turkey Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	<b>29</b> Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	<b>30</b> Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	<b>31</b> Assorted Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit

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 \$28.00 / 20 for \$56.00

**Please Make Checks Payable To:**  
**Hamburg Board of Education**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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



Check us out on Facebook : Maschio's Food Services, Inc.