

# Anna C Scott 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 of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.35



### Maschio's Swap Outs Available Daily

- Turkey & Cheese Sandwich
- Crispy Chicken Salad
- Ham & Cheese Sandwich
- Salami & Cheese Sandwich
- Peanut Butter & Jelly Sandwich Meal
- Fruit & Yogurt Parfait Meal
- Bagel with Yogurt Bag Meal
- Fruit & Cheese Platter with Pita
- Available Friday: Tuna Sandwich

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Chicken Fajita Wrap with Shredded Cheddar, Peppers and Onions</b> Steamed Peas Fresh or Chilled Fruit	3 <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	4 <b>Corn Dog Nuggets</b> Baked Beans Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	5 <b>Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	6 <b>Mini Cheese Pizza Bagels</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
9 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>Creamy Mac &amp; Cheese</b> Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	12 <b>Hamburger or Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit	13 <b>Personal Pan Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16	17	18	19	20
<h2>Spring Recess! School Closed</h2>				
23 <b>Corn Dog Nuggets</b> Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24  <b>Philly Cheesesteak Hero</b> Oven Baked Fries Fresh or Chilled Fruit	25 <b>Pasta with Meatballs</b> Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 <b>National Pretzel Day</b> <b>Ham &amp; Cheese Melt on a Pretzel Bun</b> Emoji Fries Fresh or Chilled Fruit	27 <b>Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Fresh or Chilled Fruit				

Our well-balanced lunches available for the week, average between 550-650 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: 973-598-0005

Lunch Tickets are available in the cafeteria:  
10 for 28.50/ 20 for \$57.00

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"