

Robert Treat Academy Charter School

Lunch Menu

August 2018

NUTRITION NEWS: Did you know August is National Family Fun Month? Studies show children are more likely to eat their meal if they are involved in the process. Invite your child to help chop vegetables for a side dish or mix together ingredients for a fruit salad. Whether your child is 3 or 12 there are a variety of tasks kids can help with based on their skillset! Make meal preparation and dinnertime more fun by getting the kids involved!

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	\$3.25
Reduced Lunch	\$0.40
Adult Lunch	\$4.00

Maschio's Swap Outs

Monday: Tuna Salad on a Kaiser Roll
Tuesday: Chicken Caesar Salad with Dinner Roll
Wednesday: Ham & Cheese Sandwich
Thursday: Chef Salad with Dinner Roll
Friday: Fruit and Cheese Platter

Maschio's Swap Outs Available Daily

Bagel Bag:
 Bagel with Cream Cheese, Cheese Stick, Veggie Pack and Fruit of the Day

Monday	Tuesday	Wednesday	Thursday	Friday
<i>We Hope You Enjoyed Your Summer Vacation!</i>				
		1 WELCOME BACK Hamburger Mac & Cheese Green Beans Fresh or Chilled Fruit	2 Walking Nachos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Steamed Corn Fresh or Chilled Fruit	3 Stuffed Crust Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Chicken Fries Dinner Roll Mashed Potatoes with Gravy Fresh or Chilled Fruit	7 Turkey Corn Dog Nuggets Smile Fries Fresh or Chilled Fruit	8 Pasta with Meat Sauce Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	9 Ham and Cheese Melt on a Pretzel Bun Freshly Prepared Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	10 French Bread Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
13 Popcorn Chicken Dinner Roll Loaded Fresh Veggie Dippers Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	15 Waffles Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	16 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Steamed Corn Fresh or Chilled Fruit	17 School Closed
20 Turkey Corn Dog Nuggets Smile Fries Fresh or Chilled Fruit	21 Ham and Cheese Melt on a Pretzel Bun Freshly Prepared Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	22 Pasta with Meat Sauce Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	23 Chicken Fries Dinner Roll Mashed Potatoes with Gravy Fresh or Chilled Fruit	24 School Closed
27 School Closed	28 School Closed	29 School Closed	30 School Closed	31 School Closed

Connect with us!   



Fresh Vegetables, 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: 973-482-8811

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"