



Valley Road School

April 2019

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 \$4.60

Maschio's Swap Outs Available Daily

Pizza

Chicken Nuggets with Breadstick

Crispy Chicken Salad with Roll

Cereal Bag: Carrots, Pretzels, Cheese Sticks, Cereal & Fruit

Bagel Bag : Bagel, Cheese Sticks, Veggie Sticks & Fruit

Peanut Butter and Jelly Sandwich Meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fries Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit	2 Breakfast for Lunch Cinnamon French Toast Sticks Breakfast Sausages Hash Browns Fresh or Chilled Fruit	3 Scoop a Bowl with Shredded Cheddar Cheese, Lettuce and Tomatoes, & Salsa Fiesta Corn Fresh or Chilled Fruit	4 Hamburger on a Bun or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	5 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Breaded Chicken Patty on a Bun or Breaded Chicken Patty on a Bun with Cheese Green Beans Fresh or Chilled Fruit	9 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	10 Macaroni and Cheese Cornbread Muffin Steamed Broccoli Fresh or Chilled Fruit	11 Bacon, Egg & Cheese Sandwich or Sausage, Egg & Cheese Sandwich Maple Cinnamon Sweet Potato Fries Fresh or Chilled Fruit	12 Deep Dish Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15	16	17	18	19

Spring Recess! School Closed

22 Chicken Tenders- Soft Pretzel Stick Green Peas Fresh or Chilled Fruit	23 Breakfast for Lunch Waffles Breakfast Sausages Hash Brown Sticks Fresh or Chilled Fruit	24 Chicken Fajita Scoop a Bowl with Shredded Cheddar Cheese, Lettuce and Tomatoes, & Salsa Corn and Bean Salad Fresh or Chilled Fruit	25 New Item! Cheesy Stuffed Pasta Bites Green Bean Salad Fresh or Chilled Fruit	26 Domingo's Day!! Domino's Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
29 Popcorn Chicken Mashed Potatoes Golden Corn Dinner Roll Fresh or Chilled Fruit	29 Breakfast for Lunch Mini French Toast Bites Breakfast Sausages Sweet Potato Tots 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
 or Call Maschio's Food Services at: 732-381-8100



This institution is an equal opportunity

MENU SUBJECT TO CHANGE