

# Valley Road School

## December 2018 Lunch Menu

**NUTRITION NEWS:** With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

**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 Stick, Cereal, Yogurt & Fruit

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

Peanut Butter and Jelly Sandwich

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

Monday	Tuesday	Wednesday	Thursday	Friday
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# HAPPY HOLIDAYS

<p><b>3</b> <b>Chicken Sticks</b> Warm Breadstick Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p><b>4</b> <b>French Toast</b> <b>Sausage Patties</b> Eggli Fries Fresh or Chilled Fruit</p>	<p><b>5</b> <b>New Recipe!</b> <b>Cheese Omelet</b> Cinnamon Twist Hash Brown Rounds Fresh or Chilled Fruit</p>	<p><b>6</b> <b>SCOOOP-A-BOWL</b> <b>Seasoned Beef,</b> Cheddar Cheese over Rice with Lettuce, Tomatoes &amp; Salsa Tostitos SCOOOP Stix Tortilla Chips Fresh or Chilled Fruit</p>	<p><b>7</b> <b>Mozzarella Sticks</b> Dinner Roll Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p><b>10</b> <b>quacky T-ray Day!</b> <b>Taylor Ham, Egg, and Cheese on a Roll</b> Sweet Potato Waffle Fries Fresh or Chilled Fruit</p>	<p><b>11</b> <b>Pancakes</b> <b>Sausage Patties</b> Tater Tots Fresh or Chilled Fruit</p>	<p><b>12</b> <b>New Recipe!</b> <b>Breaded Ravioli with Marinara Sauce</b> Twisted Cheese Breadstick Sautéed Carrots Fresh or Chilled Fruit</p>	<p><b>13</b> <b>New Recipe!</b> <b>Pepperoni Pinwheel</b> Cucumber Coins Fresh or Chilled Fruit</p>	<p><b>14</b> <b>Domino's Day!</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p><b>17</b> <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>18</b> <b>Waffles</b> <b>Sausage Patties</b> Hash Brown Rounds Fresh or Chilled Fruit</p>	<p><b>19</b> <b>All Beef Hot Dogs</b> Vegetarian Baked Beans Maschio's Lemon/Cherry Frozen Sorbet Fresh or Chilled Fruit</p>	<p><b>20</b> <b>First Day of Winter</b> <b>Hamburger/ Cheeseburger with Bacon</b> French Fries Fresh or Chilled Fruit</p>	<p><b>21</b> <b>Half Day</b> No Lunch Served</p>
<p><b>24</b> <b>Enjoy your Winter Break &amp; Have a Happy New Year!</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>

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 at: 732-381-0910x3163



MENU SUBJECT TO CHANGE

\*This institution is an equal opportunity provider\*