

# Valley Road School

March 2019 Lunch Menu

**NUTRITION NEWS:** Celebrate National Nutrition Month® and "Go Further with Food". The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a good to be physically active every day.

**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

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

Monday	Tuesday	Wednesday	Thursday	Friday
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| <p><b>4</b> <b>Chicken Fries</b><br/>Buttered Noodles<br/>Mixed Vegetables<br/>Fresh or Chilled Fruit</p>   | <p><b>5</b> <b>New Item!</b><br/>Breakfast for Lunch<br/><b>Confit Pancakes</b><br/>Breakfast Sausage<br/>Fater Tots<br/>Fresh or Chilled Fruit</p>                           | <p><b>6</b> <b>New Item!</b><br/><b>aco Meat &amp; Cheddar Cheese with-Lettuce, Tomatoes, &amp; Salsa</b><br/>Tostitos SCOOPS®<br/>Tortilla Chips<br/>Steamed Corn<br/>Fresh or Chilled Fruit</p> | <p><b>7</b> <b>Hamburger or Cheeseburger on a Bun</b><br/>Emoji Fries<br/>Pickle Chips<br/>Fresh or Chilled Fruit</p>                  | <p><b>8</b> <b>French Bread Pizza</b><br/>Freshly Prepared Spring Mix Salad<br/>Fresh or Chilled Fruit</p>        |
| <p><b>11</b> <b>Eat the Rainbow!</b><br/><b>New Item!</b><br/><b>Popcorn Chicken Mashed Potato Bowl</b> with Corn, Gravy, and Cheese<br/>Dinner Roll<br/>Fresh or Chilled Fruit</p> | <p><b>12</b> <b>Eat the Rainbow!</b><br/><b>Breakfast for Lunch</b><br/><b>French Toast Sticks</b><br/>Breakfast Sausage<br/>Sweet Potato Tots<br/>Fresh or Chilled Fruit</p> | <p><b>13</b> <b>Eat the Rainbow!</b><br/><b>Cheesesteak Melt</b><br/>Pepper Dippers<br/>Fresh or Chilled Fruit</p>  | <p><b>14</b> <b>Eat the Rainbow!</b><br/><b>Bacon, Egg, &amp; Cheese Sandwich</b><br/>Hash Brown Rounds<br/>Fresh or Chilled Fruit</p> | <p><b>15</b> <b>Eat the Rainbow!</b><br/><b>Pizza Bagels</b><br/>Broccoli Italiano<br/>Fresh or Chilled Fruit</p> |
| <p><b>18</b> <b>Chicken Tenders</b><br/>Steamed Rice<br/>Cooked Carrots<br/>Fresh or Chilled Fruit</p>  | <p><b>19</b> <b>Breakfast for Lunch</b><br/><b>Mini Maple Waffles</b><br/>Breakfast Sausage<br/>Hash Brown Sticks<br/>Fresh or Chilled Fruit</p>                              | <p><b>20</b> <b>Healthy Fry Day!</b><br/><b>Chicken and Cheese Quesadilla</b><br/>Steamed Corn<br/>Fresh or Chilled Fruit</p>   | <p><b>21</b> <b>Pasta with Meat Sauce</b><br/>Garlic Breadstick<br/>Green Beans<br/>Fresh or Chilled Fruit</p>                         | <p><b>22</b> <b>Domino's Pizza</b><br/>Freshly Prepared Italian House Salad<br/>Fresh or Chilled Fruit</p>        |
| <p><b>25</b> <b>Popcorn Chicken</b><br/>Whole Grain Soft Pretzel Rod<br/>Green Peas<br/>Fresh or Chilled Fruit</p>  | <p><b>26</b> <b>Breakfast for Lunch</b><br/><b>Mini Maple Pancakes</b><br/>Breakfast Sausage<br/>Seasoned Potato Wedges<br/>Fresh or Chilled Fruit</p>                        | <p><b>27</b> <b>New Item!</b><br/><b>Mini Chicken Tacos</b> with Shredded Lettuce, Tomatoes, &amp; Salsa<br/>Black Bean and Corn Salad<br/>Fresh or Chilled Fruit</p>                             | <p><b>28</b> <b>Chicken Alfredo Pasta</b><br/>Garlic Bread<br/>Steamed Broccoli<br/>Fresh or Chilled Fruit</p>                         | <p><b>29</b> <b>Mozzarella Sticks</b><br/>Freshly Prepared Garden Salad<br/>Fresh or Chilled Fruit</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 Food Services at: 732-381-8100



This institution is an equal opportunity

MENU SUBJECT TO CHANGE