



Valley Road School

May 2019
Lunch Menu

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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

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



1 Chicken & Cheese Quesadilla
Corn Medley
Fresh or Chilled Fruit

2 Hamburger on a Bun or Cheeseburger on a Bun
Crinkle Cut French Fries
Fresh or Chilled Fruit

3 NY Style Cheese Pizza
Freshly Prepared Tossed Salad
Fresh or Chilled Fruit

6 Chicken Fries
Buttered Noodles
Maple Cinnamon Carrots
Fresh or Chilled Fruit

7 Breakfast for Lunch
Contetti Pancakes
Breakfast Sausages
Seasoned Potato Wedges
Fresh or Chilled Fruit

8 New Recipe! Cheeseburger Macaroni
Soft Pretzel Stick
Green Peas
Fresh or Chilled Fruit

9 Scoop-A-Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa
Black Bean & Corn Salad
Fresh or Chilled Fruit

10 Pizza Bagels
Freshly Prepared Caesar Salad
Fresh or Chilled Fruit

13 Popcorn Chicken
Dinner Roll
Green Beans
Fresh or Chilled Fruit

14 Breakfast for Lunch
Waffle Sticks
Breakfast Sausages
Hash Browns
Fresh or Chilled Fruit

15 Pasta with Meat Sauce
Garlic Bread
Broccoli Italiano
Fresh or Chilled Fruit

16 Lucky Fry Day!
Mini Chicken Tacos with Shredded Lettuce, Tomatoes, & Salsa Ranch
Corn on the Cob
Fresh or Chilled Fruit

17 Domino's Day!!
Domino's Cheese Pizza
Freshly Prepared Spring Mix Salad
Fresh or Chilled Fruit


20 Chicken Tenders
Warm Breadstick
Honey Glazed Carrots
Fresh or Chilled Fruit

21 Breakfast for Lunch
French Toast Sticks
Breakfast Sausages
Hash Brown Sticks
Fresh or Chilled Fruit

22 Beef Hot Dog on a Bun
Creamy Colelaw
BBQ Baked Beans
Fresh or Chilled Fruit

23 Bacon, Egg, and Cheese Sandwich
Sweet Potato Fries
Fresh or Chilled Fruit

24 Personal Pan Pizza
Sweet Potato Fries
Fresh or Chilled Fruit

27 Memorial Day  School Closed

28 Mini Maple Pancakes
Breakfast Sausages
Hash Brown Rounds
Fresh or Chilled Fruit

29 Mozzarella Sticks with Marinara Sauce
Veggie Dippers
Fresh or Chilled Fruit

30 Beef Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomato & Salsa
Golden Corn
Fresh or Chilled Fruit

31 French Bread Pizza
Freshly Prepared Cucumber & Tomato Salad
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: 732-382-0910x3163

MENU SUBJECT TO CHANGE



This institution is an equal opportunity.