

Valley Road School

January 2019
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal, start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red (orange, starch), legumes, dark green and other (cucumbers, celery, etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow, you will be right on track with better health for the year!

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
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

1 New Year's Day
School Closed

2 Mozzarella Sticks
Garlic Breadstick
Garden Salad
Fresh or Chilled Fruit

3 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, & Tomatoes, and Salsa
Steamed Rice
Steamed Corn
Fresh or Chilled Fruit

4 French Bread Pizza
Freshly Prepared Caesar Salad
Fresh or Chilled Fruit

7 Popcorn Chicken
Soft Pretzel Stick
Steamed Corn
Fresh or Chilled Fruit

8 Breakfast For Lunch
Mini Maple Pancakes
Breakfast Sausages
Hash Brown Rounds
Fresh or Chilled Fruit

9 Bacon, Chicken, and Cheese Quesadilla
Corn Medley
Fresh or Chilled Fruit

10 Twisted Cheesy Breadsticks with Marinara Sauce
Broccoli Italiano
Fresh or Chilled Fruit

11 Pizza Bagels
Freshly Prepared Spring Mix Salad
Fresh or Chilled Fruit

14  Turkey Fry Day
Chicken Tenders
Dinner Roll
Mashed Potatoes
Green Beans
Fresh or Chilled Fruit

15 Breakfast For Lunch
Waffle Sticks
Breakfast Sausages
Tater Tots
Fresh or Chilled Fruit

16 Macaroni and Cheese
Soft Pretzel Stick
Roasted Vegetables
Fresh or Chilled Fruit

17 Cheese Omelet
Cinnamon Twist
Hash Brown Rounds
Fresh or Chilled Fruit

18 NY Style Pizza
Freshly Prepared Italian House Salad
Fresh or Chilled Fruit

21 Martin Luther King Jr. Day
School Closed

22 Breakfast For Lunch
French Toast
Breakfast Sausages
Hash Brown Sticks
Fresh or Chilled Fruit

23 Winter Picnic
All Natural Beef Hot Dog on a Bun
Battered French Fries
Country Slaw
Fresh or Chilled Fruit

24 Grilled Cheese Sandwich
Tomato Soup
Cucumber Coins
Fresh or Chilled Fruit

25 Domino's Pizza Day!
Freshly Prepared Caesar Salad
Fresh or Chilled Fruit

28 Chicken Fries
Soft Pretzel Stick
Mixed Vegetables
Fresh or Chilled Fruit

29 Breakfast For Lunch
Pancakes
Breakfast Sausages
Hash Brown Rounds
Maschio's Lemon/Cherry Frozen Sorbet
Fresh or Chilled Fruit

30 Pasta with Meatballs
Garlic Breadstick
Green Peas
Fresh or Chilled Fruit

31 Hamburger or Cheeseburger on a Bun
Sweet Potato Fries
Fresh or Chilled Fruit

MENU SUBJECT TO CHANGE

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: 732-382-0910 x3163



This institution is an equal opportunity