



**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

Student Lunch	\$2.80
Reduced Lunch	\$0.40
Adult Lunch	\$4.60

Maschio's Swap Outs Available Daily

**Pizza**

**Chicken Nuggets with Breadstick**

**Ham & Cheese Sub**  
(Ham, Cheese, Lettuce & Tomato with oil and vinegar)

**Crispy Chicken Salad with Roll**

**Cereal Bag:** Carrots, Pretzels, Cheese Stick, Cereal, Yogurt & Fruit

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

**Peanut**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Breakfast for Lunch</b> Assortment of Breakfast Options Breakfast Sausages Hash Browns Fresh or Chilled Fruit	2 <b>Pasta and Meatballs</b> Steamed Broccoli Garlic Bread Fresh or Chilled Fruit	3  <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Steamed Rice Corn Fresh or Chilled Fruit <i>Warm Cinnamon Churro</i>	4 <del>STAR WARS DAY</del> <b>Lightsaber Pizza Sticks with Marinara Sauce</b> Chewbacca Cucumber Coins Fresh or Chilled Fruit  <b>School Lunch Hero Day</b>
7 <b>Chicken Tenders</b> Warm Breadstick Glazed Carrots Fresh or Chilled Fruit	8 <b>Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	9 <b>Grilled Cheese Sandwich with or without Bacon</b> Sweet Potato Waffle Fries Fresh or Chilled Fruit	10 <b>Hamburger or Cheeseburger on a Bun</b> Baked Fries Fresh or Chilled Fruit	11 <b>Domino's Pizza</b> Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 <b>Popcorn Chicken</b> Dinner Roll Green Beans Fresh or Chilled Fruit	15 <b>French Toast</b> Breakfast Sausages Smile Fries Fresh or Chilled Fruit	16 <b>Creamy Mac &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	17 <b>Scoop-A-Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Southwestern Corn Fresh or Chilled Fruit	18 <b>Personal Pan Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 <b>Chicken Sticks</b> Warm Breadstick French Fries Fresh or Chilled Fruit	22 <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	23  <b>BBQ Chicken Sandwich</b> Fresh Pepper Dippers Fresh or Chilled Fruit	24 <b>Bacon, Egg, and Cheese on a Bagel</b> Smile Fries Fresh or Chilled Fruit	25 <b>School Closed</b>
28 <b>Memorial Day</b>  <b>School Closed</b>	29 <b>Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	30 <b>Cheese Quesadilla with Salsa</b> Southwestern Corn Fresh or Chilled Fruit <b>National Salsa Month</b>	31 <b>Beef Hot Dog on a Bun</b> Baked Beans Fresh or Chilled Fruit	

**Vegetarian Awareness Week**

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

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity"