

Carteret Elementary School

January 2018 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, starchy, 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

Student Lunch	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.45

Monday: Muffin Bag

Tuesday: Cereal Bag

Wednesday: Muffin Bag

Thursday: Cereal Bag

Friday: Cereal or Muffin Bag

Maschio's Swap Outs Available Daily

Bagel and Yogurt Bag

Extra Slice of Papa John's Pizza \$2.10

8 ounce water available daily for purchase \$0.50

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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 Grilled Cheese Sandwich Steamed Carrots Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	4 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	5 Mini Pizza Bagels Baby Carrots Fresh or Chilled Fruit
8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	12 Boneless Chicken with Gravy Buttered Egg Noodles Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 Turkey Bacon Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	17 Popcorn Chicken Dinner Roll Vegetable Medley Fresh or Chilled Fruit	18 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	19 Turkey & Cheese Sandwich Tater Tots Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Baby Carrots Fresh or Chilled Fruit	23 Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Boneless Chicken Dinner Roll Baked Beans Fresh or Chilled Fruit	25 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	26 Mini Corn Dog Nuggets Steamed Peas Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit		

Our well-balanced lunches available for the week, average between **600-650 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: 973-680-8608

Payments should be sent via cash or check with your child's name notes or at myschoolbucks.com :
10 for \$28.50 / 20 for \$57.00

Please Make Checks Payable To: Bloomfield BOE

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"