



Carteret Elementary School

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News Celebrate National Nutrition Month®!

Take the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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 \$2.75
 Reduced Lunch \$0.40
 Adult Lunch \$3.35

MASCHIO'S MAIN EVENT

Monday: Muffin Bag
 Tuesday: Cereal Bag
 Wednesday: Muffin Bag
 Thursday: Cereal Bag

Maschio's Swap Outs Available Daily

Bagel and Yogurt Bag

Extra Slice of Papa John's Pizza \$1.95

8 ounce water available daily for purchase \$0.50



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



Check us out on Facebook : Maschio's Food Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Boneless BBQ Chicken Buttered Noodles Green Beans Fresh or Chilled Fruit	2 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit 	3 Twisted Cheesy Breadsticks with Marinara Sauce Honey Glazed Carrots Fresh or Chilled Fruit
6 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit	7 All Beef Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	8 Crazy Pasta Day with Meat Sauce Green Beans Fresh or Chilled Fruit	9 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	10 Breakfast for Lunch Waffles Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit
ARE YOU UP FOR THE CHALLENGE?		CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!		
13 Chicken Nuggets Dinner Roll Steamed Carrots Fresh or Chilled Fruit	14 Taco Meat, Shredded Cheddar Cheese over Rice & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	15 Baked Ziti Dinner Roll Green Beans Fresh or Chilled Fruit	16 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	17 Lucky Tray Day Mozzarella Sticks with Marinara Sauce Dinner Roll "Shamrock" Garden Peas Fresh or Chilled Fruit
20 Sabrett's All Natural Beef Hot Dog on a Bun Green Beans Fresh or Chilled Fruit 1st Day of Spring	21 Grilled Cheese Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	22 Fajita Chicken Meat, Shredded Cheddar Cheese over Rice & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	23 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	24 Mini Cheese Calzones with Marinara Sauce Fresh Veggie Dippers Fresh or Chilled Fruit
27 Popcorn Chicken Dinner Roll Garden Peas Fresh or Chilled Fruit	28 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	29 Pizza Burger on a Bun Veggie Dippers Fresh or Chilled Fruit	30 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	31 Meatball Parm Hero Sweet Potatoes 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: 973-680-8608

Payments should be sent via cash or check with your child's name notes or at myschoolbucks.com : 10 for \$27.50 / 20 for \$55.00

Please Make Checks Payable To: Bloomfield BOE

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"