



# Oakview 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

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Boneless BBQ Chicken</b> Buttered Noodles Green Beans Fresh or Chilled Fruit	<b>2</b> <b>"Sam I Am" BBQ Rib Sandwich</b> "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet <b>Dr. Seuss' Birthday- Read Across America</b>	<b>3</b> <b>Twisted Cheesy Breadsticks with Marinara Sauce</b> Honey Glazed Carrots Fresh or Chilled Fruit
<b>6</b> <b>Dipper Day</b> <b>Chicken Sticks with Waffle Sticks</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>7</b> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	<b>8</b> <b>Crazy Pasta Day</b> <b>with Meat Sauce</b> Dinner Roll Green Beans Fresh or Chilled Fruit	<b>9</b> <b>Pretzel Dog</b> Baked Beans Fresh or Chilled Fruit	<b>10</b> <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit
<b>13</b> <b>Chicken Nuggets</b> Dinner Roll Steamed Carrots Fresh or Chilled Fruit		<b>14</b> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	<b>15</b> <b>Baked Ziti</b> Dinner Roll Green Beans Fresh or Chilled Fruit	<b>16</b> <b>Mini Corn Dog Nuggets</b> Vegetable Medley Fresh or Chilled Fruit
<b>20</b> <b>All Natural Beef Hot Dog on a Bun</b> Green Beans Fresh or Chilled Fruit <b>1st Day of Spring</b>	<b>21</b> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	<b>22</b> <b>SCOOP-A-BOWL</b> <b>Fajita Chicken Meat, Shredded Cheddar Cheese over Rice &amp; Salsa</b> Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>23</b> <b>Crispy Chicken on a Bun</b> Sweet Potato Tots Fresh or Chilled Fruit	<b>17</b> <b>Lucky Tray Day</b> <b>Mozzarella Sticks with Marinara Sauce</b> Dinner Roll "Shamrock" Garden Peas Fresh or Chilled Fruit
<b>27</b> <b>Popcorn Chicken</b> Dinner Roll Garden Peas Fresh or Chilled Fruit	<b>28</b> <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	<b>29</b> <b>Pizza Burger on a Bun</b> Veggie Dippers Fresh or Chilled Fruit	<b>24</b> <b>Mini Cheese Calzones with Marinara Sauce</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>30</b> <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit
<b>31</b> <b>Meatball Parm Hero</b> 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](http://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](http://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"



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



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