



NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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	\$4.25

Maschio's Swap Outs

Monday: Italian Sub

Tuesday: Ham and Cheese Sandwich

Wednesday: Cheese Sandwich

Thursday: Turkey Ranchero Wrap

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Vegetarian Burger on a Bun

Fruit & Cheese Platter with Pita Wedges

Bagel Bag Meal

Muffin Bag Meal

Cereal Bag Meal

Connect with us! Breakfast Offered Daily



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

Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit</p>	<p>2 Twisted Cheesy Breadsticks with Marinara Sauce Rainbow Garden Salad "Pink Ink Yink" Sorbet</p> <p style="text-align: right; font-size: small;">Dr. Seuss' Birthday Read Across America</p>
<p>5 Popcorn Chicken Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit</p>	<p>6 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>7 Roast Turkey with Gravy Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p>8 Breakfast for Lunch New Recipe! Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit</p>	<p>9 Mini Pizza Bagels Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p> SCHOOL BREAKFAST National School Breakfast Week</p>				
<p>12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>14 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>15 Creamy Mac & Cheese Dinner Roll Steamed Broccoli Fresh or Chilled Fruit</p>	<p>16 Lucky Tray Day New Recipe! Bella's Pizza New York Style Freshly Prepared Caesar Salad Gelatin Fruit Cups</p>
<p>19 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit</p>	<p>20 Spring Picnic Pretzel Dog Baked Beans Country Slaw Fresh or Chilled Fruit</p> <p style="text-align: center; color: green; font-weight: bold;">1st Day of Spring</p>	<p>21 Pasta with Meat Sauce Garlic Bread Sautéed Spinach Fresh or Chilled Fruit</p>	<p>22 Sweet & Sour Popcorn Chicken with Rice Broccoli Fresh or Chilled Fruit</p>	<p>23 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p>27 Roast Turkey with Gravy Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p>28 SCOOP-A-BOWL Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>29 Breakfast for Lunch Pancakes Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit</p>	<p style="text-align: center; font-size: large; font-weight: bold;">30</p> <p style="text-align: center; color: green; font-weight: bold;">School Closed</p>

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: 973-340-5010 ext 2129

Prepaid meals are available by setting up an account for your child at www.payforit.net

Please Make Checks Payable To: Garfield Board of Ed

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"