

**Passaic Arts & Science Middle School**  
**4-8**  
**April 2018**  
**Lunch Menu**

**NUTRITION NEWS: Eat the Colors of the Rainbow Week** Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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 \$2.90  
 Reduced Lunch \$0.40  
 Adult Lunch \$3.75




**Maschio's Swap Outs**

**Monday:** Crispy Chicken salad with a Dinner Roll  
**Tuesday:** Turkey & Cheese Sandwich  
**Wednesday:** Turkey, Ham, and Cheese Sandwich  
**Thursday:** Italian Sub  
**Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

**Assorted Halal Sandwiches**

Yogurt Bag  
 Bagel Bag  
 Cereal Bag  
 Fruit & Cheese Platter with Pita

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
 <h1 style="color: purple;">Spring Recess! School Closed</h1>				
9 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>Creamy Mac &amp; Cheese</b> Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	12 <b>Hamburger or Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit	13 <b>Personal Pan Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 <b>Meatless Monday</b> <b>Mini Cheese Ravioli with Marinara Sauce</b> Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 <b>Breakfast for Lunch</b> <b>New Items!</b> <b>Cinnamon French Toast Sticks</b> Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit <b>Guava Strawberry Flip</b>	18 <b>Grilled BBQ Chicken Sandwich</b> Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit	20 <b>Cheese Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit
<h2 style="color: purple;">Eat the Colors of the Rainbow Week</h2>				
23 <b>Corn Dog Nuggets</b> Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24  <b>Philly Cheesesteak Hero</b> Oven Baked Fries Fresh or Chilled Fruit	25 <b>Pasta with Meatballs</b> Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 <b>National Pretzel Day</b> <b>Ham &amp; Cheese Melt on a Pretzel Bun</b> Emoji Fries Fresh or Chilled Fruit	27 <b>Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli 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: (862)-225-9400

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"