

# Passaic Arts & Science Elementary K-3 January 2018 Lunch Menu

**NUTRITION NEWS:** With winter fast approaching, it is important to not lose track of healthy eating.

Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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
<p>1 <b>New Year's Day</b>  <b>School Closed</b></p>	<p>2 <b>Chicken Nuggets</b> Soft Pretzel Stick Carrots Fresh or Chilled Fruit</p>	<p>3 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit</p>	<p>4 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet</p>	<p>5 <b>Bella's Pizza</b> <b>New York Style</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>8 <b>Meatball Parm Hero</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>9 <b>Chicken &amp; Cheese Quesadilla</b> with Shredded Lettuce, Diced Tomatoes, &amp; Salsa Southwestern Corn Fresh or Chilled Fruit</p>	<p>10 <b>Breakfast For Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>11 <b>National Milk Day</b> <b>Creamy Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit</p>	<p>12  <b>New Recipe! School Lunch Recipe For Success Contest Winner</b>  <b>Diana's Create Your Own Pizza Bagel</b> Assorted Toppings Freshly Prepared Italian House Salad</p>
<p>15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b></p>	<p>16  <b>SCOOP-A-BOWL</b>  Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa Tostitos SCOOPS!<sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>17 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>18 <b>All-Natural Beef Hot Dog on a Bun</b> Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit</p>	<p>19 <b>French Bread Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>22 <b>Meatless Monday</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>23 <b>Taco Tuesday</b> <b>Twin Tacos</b> with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>24 <b>Winter Picnic</b> <b>BBQ Grilled Chicken Sandwich</b> Country Slaw Baked Beans Fresh or Chilled Fruit</p>	<p>25 <b>Chicken Nuggets</b> Soft Pretzel Stick Carrots Fresh or Chilled Fruit</p>	<p>26 <b>Personal Pan Pizza</b> Freshly Prepared Cucumber &amp; Tomato Salad Fresh or Chilled Fruit</p>
<p>29 <b>Crispy Chicken Sandwich</b> Peas &amp; Carrots Fresh or Chilled Fruit</p>	<p>30 <b>Breakfast For Lunch</b> <b>Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce</p>	<p>31 <b>New Recipe!</b> <b>Pasta Alfredo with Chicken and Broccoli</b> Garlic Bread Fresh or Chilled Fruit</p>	<p style="font-size: 2em; font-weight: bold; color: #4b4b8b;">2018</p> <p style="font-size: 2em; font-weight: bold; color: #4b4b8b;">HAPPY NEW YEAR!</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](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: (862)238-7800

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"