



**Passaic Arts & Science
Middle School**

4-8

**May 2018
Lunch Menu**

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit	2 Breakfast for Lunch Waffles with Strawberry Compote Breakfast Sausages Tater Tots Fresh or Chilled Fruit	3 CINCO DE MAYO Celebration Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 STAR WARS DAY Lightsaber Pizza Sticks with Marinara Sauce Chewbacca Cucumber Coins Fresh or Chilled Fruit
	National Hamburger Month			School Lunch Hero Day
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 Pasta Primavera with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Meatball Parm Sub Peas and Carrots Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Creamy Mac & cheese Dinner roll Green Beans Fresh or Chilled Fruit	16 Lucky Tray Day Chicken Sticks with Waffle Sticks Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18 Personal Pan Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
Vegetarian Awareness Week				
21 Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	24 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28 Memorial Day School Closed	29 Breakfast for Lunch Cinnamon French toast sticks Breakfast Sausages Sweet potato tots Fresh or Chilled Fruit	30 Chicken Parm with Pasta Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Hamburger or Cheeseburger on a Bun Emoji fries 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: (862)-225-9400

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"