

Bloomsbury

December 2017 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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

Maschio's Swap Outs
Available Daily

Muffin Bag: Muffin, Mozzarella Cheese Sticks, Veggie Sticks, and Fruit

Grilled or Crispy Chicken
Garden Salad with Dinner Roll

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
  <h1>HAPPY HOLIDAYS</h1>				
4 Chicken Nuggets Dinner Roll Tater Tots Fresh or Chilled Fruit	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Sausage, Egg & Cheese on a Bun Hash Browns Fresh or Chilled Fruit	7 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	1 Casola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11 Popcorn Chicken Dinner Roll Seasoned Wedges Fresh or Chilled Fruit	 12 Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	13 Breakfast For Lunch Waffles Sausages Hash Browns Warm Cinnamon Apples	14 Casola's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	8 Casola's Pizza Freshly Prepared House Salad Fresh or Chilled Fruit
18 Breakfast Bonanza Breakfast Sausages Assorted Potatoes Fresh or Chilled Fruit	19 All-Natural Beef Hot Dog on a Bun Pierogis Baked Beans Fresh or Chilled Fruit	20 Holiday Meal Ravioli with Marinara Sauce Holiday Pretzel Green Beans Fresh or Chilled Fruit <i>Holiday Pretzel</i>	21 First Day of Winter Casola's Pizza Garden Salad Fresh or Chilled Fruit	15 PTO HOLIDAY LUNCHEON
25	26	27	28	22 Half Day No Lunch Served
<h1>Enjoy your Winter Break & Have a Happy New Year!</h1>				

Our well-balanced lunches available for the week, average between 600-650 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: (908) 479-4414

Lunch Tickets are available in the cafeteria:
5 for \$15.00/ 10 for \$30.00 /20 for \$60.00
Please Make Checks Payable To:
Bloomsbury School District

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"