



Bloomsbury

January 2018
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Chicken Nuggets Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	3 French Bread Pizza Cucumber Salad Fresh or Chilled Fruit	4 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	5 Casola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Dinner Roll Seasoned Carrots Fresh or Chilled Fruit	12 Casola's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 lucky Tray Day Cheese Calzone w/ Marinara Sauce Garden Salad Fresh or Chilled Fruit	17 Sausage, Egg & Cheese Sandwich Hash Browns Fresh or Chilled Fruit	18 Chicken Parmesan w/ Pasta Italian Green Beans Fresh or Chilled Fruit	19 Casola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Grilled Chicken Sandwich Emoji Fries Baked Beans Fresh or Chilled Fruit	25 All-Natural Beef Hot Dog on a Bun Pierogis Baked Beans Fresh or Chilled Fruit	26 Casola's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Ravioli w/ Marinara Sauce Garlic Bread Green Beans Fresh or Chilled Fruit	31 Popcorn Chicken Dinner Roll Seasoned Fries Fresh or Chilled Fruit		

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

2018
HAPPY NEW YEAR!

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"