



Bloomsbury

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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

Pizza Bagels

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Mozzarella Cheese Sticks with Marinara Sauce Dinner Roll Glazed Carrots Fresh or Chilled Fruit	2 Casola's Pizza <i>Tossed Garden Salad</i> <i>Chilled or Fresh Fruit</i>
5 Popcorn Chicken Dinner Roll Fresh Celery Dippers Fresh or Chilled Fruit	6 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Hot Dog on a Bun Baked Beans Fresh or Chilled Fruit	8 Grilled Ham & Cheese Sandwich Baked French Fries Fresh or Chilled Fruit	9 Casola's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
National School Breakfast Week				
12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	14 Meatball Sub Green Beans Fresh or Chilled Fruit	15 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	16 Lucky Tray Day Casola's Pizza Freshly Prepared Caesar Salad Chilled or Fresh Fruit
19 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Pretzel Dog Baked Beans Chilled or Fresh Fruit <i>1st Day of Spring</i>	21 Breakfast for Lunch Pancakes Breakfast Sausages Hash Brown Potato Fresh or Chilled Fruit	22 Popcorn Chicken Garlic Bread Stick Broccoli Fresh or Chilled Fruit	23 Casola's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 Meatless Monday Cheese Sticks with Marinara Sauce Warm Breadstick Green Beans Fresh or Chilled Fruit	27 Chicken Nuggets Dinner Roll Corn Fresh or Chilled Fruit	28 Casola's Pizza Freshly Prepared Caesar Salad Chilled or Fresh Fruit	29 School Closed	30 School Closed

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"