



Bloomsbury

**April 2018
Lunch Menu**

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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

Personal Pan Pizza

Grilled Chicken Salad

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed	3 Sausage Egg & Cheese Sandwich on an English Muffin Hash Brown Potato Chilled or Fresh Fruit	4 Hot Dog on a Bun Baked Beans Smile Fries Fresh or Chilled Fruit	5 Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	6 Casola's Pizza Freshly Prepared I House Salad Fresh or Chilled Fruit
9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 Cheese Calzone with Marinara Sauce Garlic Bread Tossed Garden Salad Fresh or Chilled Fruit	12 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	13 Casola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 Meatless Monday Mini Cheese Ravioli with Marinara Sauce Garlic Bread Freshly Prepared Caesar Salad Fresh or Chilled Fruit	17 Breakfast for Lunch New Item! Cinnamon French Toast Sticks Breakfast Sausages Hash bBrown Potato Fresh or Chilled Fruit	18 Crispy Chicken Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Casola's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
23 Pretzel Dog Steamed Corn Fresh or Chilled Fruit	24 Lucky Tray Day French Toast Breakfast Sausage Hash Brown Potato Fresh or Chilled Fruit	25 Pasta with Meatballs Warm Garlic Bread Freshly Prepared House Salad Fresh or Chilled Fruit	26 Grilled Ham & Cheese Emoji Fries Fresh or Chilled Fruit	27 Casola's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit				

Eat the Colors of the Rainbow Week

Connect with us!



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

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"