

Riverdale Public School

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.60

Maschio's Swap Outs

Monday: Tuna Salad Sandwich
Tuesday: Turkey & Cheese Sandwich
Wednesday: Grilled Chicken Caesar Salad with Roll
Thursday: Cheddar Burger on a Bun
Friday: Crispy Chicken Sandwich (Hot)

* No pork served-All Ham Products Served are Turkey Based Products

Maschio's Swap Outs Available Daily




Cereal Bag: Low Fat Yogurt, Cheese Stick and Pretzels and Cereal

Bagel Bag: Cheese Sticks, Yogurt, Bagel and Choice of Spread

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Pasta Alfredo Garden Salad Fresh or Chilled Fruit	3 Breakfast for Lunch Pancakes Bacon Hash Browns Fresh or Chilled Fruit	4 Boniello's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	5 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	6 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit
9 	10 Spring Recess! School Closed			
16 Meatless Monday Rotini with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	18 Boniello's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit	19 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip	20 Chicken Fajita over Rice Vegetable of the Day Fresh or Chilled Fruit
23 Corn Dog Nuggets Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24  Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit	25 Boniello's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 National Pretzel Day Cheese Melt on a Pretzel Bun Emoji Fries Fresh or Chilled Fruit	27 Pasta with Meat Sauce Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 Sweet & Sour Chicken with Rice Steamed Broccoli 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: 973-839-1300 X 108

Prepaid Lunch is available in the cafeteria:
10 for \$28.50/ 20 for \$57.00

Please Make Checks Payable To:
Riverdale Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"