

Riverdale Public School

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	\$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
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Boniello's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	7 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	1 Corn Dog Nugggets Potato Wedges Vegetarian baked Beans Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	12 Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	13 Boniello's Pizza Caesar Salad Cucumber & Tomato Salad Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	15 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 SCOOP-A-BOWL Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	20 Boniello's Pizza Garden Salad Fresh Veggie Dippers Fresh or Chilled Fruit	21 First Day of Winter All Beef Hot Dog Potato Tots Vegetarian Beans Fresh or Chilled Fruit	22 Half Day No Lunch Served
Enjoy your Winter Break & Have a Happy New Year!				

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"