



Riverdale Public School

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 \$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
1 New Year's Day School Closed	2 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit	3 Boniello's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit
8 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	9 Lucky Tray Day Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	10 Boniello's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Breakfast For Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 Boniello's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	18 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 Popcorn Chicken Buttered Noodles Vegetable Medley 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 Boniello's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	25 Chicken Tender Basket Dinner Roll Tater Tots Fresh or Chilled Fruit	26 Winter Picnic Turkey Sandwich Baked Beans Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread 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"