




NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit	2 Boniello's Pizza Cucumber Coins Fresh or Chilled Fruit	3 CINCO DE MAYO Celebration Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 STAR WARS DAY Breakfast for Lunch Waffles with Breakfast Sausages Tater Tots Fresh or Chilled Fruit
	National Hamburger Month			School Lunch Hero Day
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 Pasta with Meat Sauce Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	9 Boniello's Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Meatball Parm Sub Peas and Carrots Fresh or Chilled Fruit
14 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	16 Boniello's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18 Chicken Sticks with Waffle Sticks Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit
Vegetarian Awareness Week				
21 Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Boniello's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	24 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit
28 Memorial Day  School Closed	29 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	30 Boniello's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	31 Turkey & Cheese Sandwich with Lettuce and Tomato Bean Salad Fresh or Chilled Fruit	

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: Warm Crispy Chicken on a Bun

* 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

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: 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"