

Riverdale Public School

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!

- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!

- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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
	<i>Happy Spring!</i> 		1 Creamy Mac & Cheese Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	2 Breakfast for Lunch Pancakes Breakfast Sausages "Hop on Tots" Sweet Potato Tots "Pink Ink Yink" Sorbet Dr. Seuss' Birthday Read Across America
5 Popcorn Chicken Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	6 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Boniello's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	8 Breakfast for Lunch New Recipe! Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit	9 Pasta with Meat Sauce Garlic Bread Sautéed Spinach Fresh or Chilled Fruit
	 SCHOOL BREAKFAST	National School Breakfast Week		
12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	14 New Recipe! Boniello's Pizza Freshly Prepared Caesar Salad Gelatin Fruit Cups	15 Roast Turkey with Gravy Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	16 Lucky Tray Day Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit
19 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Pretzel Dog Baked Beans Country Slaw Fresh or Chilled Fruit	21 Boniello's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	22 Teriyaki Chicken with Rice Broccoli Fresh or Chilled Fruit	23 Turkey Sandwich Hero Vegetable Medley Fresh or Chilled Fruit
26 Half Day No Lunch Served	27 SCOOP-A-BOWL Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	28 Boniello's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	29 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	30 School Closed

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"