



# Edgewater EVG April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

## Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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 \$2.75  
Reduced Lunch \$0.40  
Adult Lunch \$3.25

### Maschio's Swap Outs

- Monday:** Ham & Cheese Sandwich
- Tuesday:** Crispy Chicken Salad with a Dinner Roll
- Wednesday:** Turkey and Cheese Sandwich
- Thursday:** Crispy Chicken Salad with a Dinner Roll
- Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

- Yogurt Bag
- Cereal Bag
- Bagel Bag
- Muffin Bag



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



Check us out on Facebook : Maschio's Food Services, Inc.

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <i>Grand Slam</i> <b>Hamburger or Cheeseburger on a Bun</b> Battered French Fries 100% Juice Sorbet Opening Day	<b>4</b> <b>Fiesta Chicken Nacho Platter</b> with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	<b>5</b> <b>Baked Ziti</b> Garlic Bread Green Beans Italiano Fresh or Chilled Fruit	<b>6</b> <b>New Item!</b> <b>Breakfast for Lunch</b> <b>Pancakes with Warm Berry Compote</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>7</b> <b>Pizzeria Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>10</b> School Closed	<b>11</b> School Closed	<b>12</b> School Closed	<b>13</b> School Closed	<b>14</b> School Closed
<b>Spring Recess! School Closed</b>				
<b>17</b> School Closed	<i>Lucky Tray Day</i> <b>18</b> <b>Chicken Nuggets</b> Dinner Roll Fresh Cucumber Coins Fresh or Chilled Fruit	<b>19</b> <b>Pasta Day with Meat Sauce</b> Garlic Breadstick Sautéed Broccoli Fresh or Chilled Fruit National Family Day	<b>20</b> <b>New Item!</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Confetti Fries Fresh or Chilled Fruit	<b>21</b> <b>Assorted Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>Eat the Colors of the Rainbow Week!</b>				
<b>24</b> <b>Popcorn Chicken</b> Warm Breadstick Tater Tots Fresh Celery Dippers Fresh or Chilled Fruit	<b>25</b> <b>Hot Turkey &amp; Cheese Croissant Sub</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit Earth Day	<b>26</b> <b>Hamburger or Cheeseburger on a Bun</b> Smile Fries Fresh or Chilled Fruit Hartzels Pretzels National Pretzel Day	<b>27</b> <b>Pasta with Meat Sauce</b> Warm Breadstick Peas and Carrots Fresh or Chilled Fruit	<b>28</b> <b>Pizzeria Pizza</b> Freshly Prepared Cucumber & Tomato Salad 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](http://www.MaschioFood.com) Or Call Maschio's Food Services at: 201-945-4106

Please Make Checks Payable To:  
Edgewater Board Of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"