



Edgewater EVG

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News Celebrate National Nutrition Month®! Take

- the time this month to "put your best fork forward®" by achieving the following goals:
- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
 - Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
 - Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY SPRING!</p>		<p>1 Chicken Twin Tacos Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>2 "Sam I Am" Grilled Cheese with Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet Dr. Seuss' Birthday- Read Across America</p>	<p>3 Mini Cheese Calzones with Marinara Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>6 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>7 Chicken and Cheese Quesadillas Steamed Corn Fresh or Chilled Fruit</p>	<p>8 New Item! Crazy Pasta Day with Meat Sauce Garlic Bread Green Beans Italiano Fresh or Chilled Fruit</p>	<p>9 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit</p>	<p>10 Pizzeria Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>ARE YOU UP FOR THE CHALLENGE?</p>		<p>CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!</p>		
<p>13 Chicken Nuggets Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p>14 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>15 Half Day No Lunch Served</p>	<p>16 Hamburger or Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit</p>	<p>17 Lucky Tray Day NY Style Pizza "Shamrock" Garden Salad Fresh or Chilled Fruit</p>
<p>20 Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Home-Style Peach Crisp 1st Day of Spring</p>	<p>21 Chicken Fajita Pita With Tzatziki Sauce On the Side Potato Wedges Fresh or Chilled Fruit</p>	<p>22 Pasta with Meat Sauce Warm Breadstick Peas and Carrots Fresh or Chilled Fruit</p>	<p>23 Hot Dog on a Bun with Toppings Spiral Fries Fresh or Chilled Fruit</p>	<p>24 Pizzeria Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>27 Popcorn Chicken Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit</p>	<p>28 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>29 Hamburger or Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit</p>	<p>30 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>	<p>31 Assorted Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>



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: 201-945-4106

Please Make Checks Payable To:
Edgewater Board Of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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