

BRRSD Primary Schools

November 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

National Sandwich Day honors the world's first sandwich maker in the 18th century: John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color! Enjoy your creation with cold low-fat milk.

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	\$2.65
	Reduced Lunch	\$0.40
	Adult Lunch	\$3.65

Maschio's Swap Outs

Monday: Bacon, Egg & Cheese Sandwich

Tuesday: Pizza Bagel

Wednesday: All Beef Hot Dog on a Bun

Thursday: Hamburger or Cheeseburger on a Bun

Friday: Grilled Cheese Sandwich

Maschio's Swap Outs Available Daily

Bagel and Yogurt Bag

Cereal Bag

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
	1  SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa, Tostitos SCOOPS!®, Tortilla Chips, Steamed Corn Fresh or Chilled Fruit	2 Pasta Day with Meatballs Freshly Prepared Garden Salad Fresh or Chilled Fruit	3 New Item! Sandwich Day Crispy Chicken BLT on a Croissant Sweet Potato Fries Fresh or Chilled Fruit	4 Domino's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
7 Chicken Nuggets Confetti Rice Steamed Carrots Fresh or Chilled Fruit	8 Breakfast for Lunch Pancakes Breakfast Sausages Roasted Sweet Potato Bites Fresh or Chilled Fruit	9  Lucky Tray Day NY Style Cheese Pizza Green Bean Salad Fresh or Chilled Fruit	10 School Closed	11 Veterans Day  School Closed
14 Popcorn Chicken Dinner Roll Steamed Corn Fresh or Chilled Fruit	15 Chicken Fajita Wrap with Peppers & Onions, Shredded Cheddar Cheese, Lettuce & Tomato Steamed Corn Fresh or Chilled Fruit	16 All Natural Beef Hot Dog on a Bun Fresh Veggie Dippers Spiral Fries Fresh or Chilled Fruit	17 Thanksgiving Dinner Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Pear Crisp	18 Domino's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Breaded Chicken Sandwich on a Bun Cucumber Tomato Salad Fresh or Chilled Fruit	22 Breakfast for Lunch Pancakes Breakfast Sausages Roasted Sweet Potato Bites Fresh or Chilled Fruit	23 Half Day NY Style Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	24 Happy Thanksgiving!  25	
28 Chicken Nuggets Buttered Noodles Peas & Carrots Fresh or Chilled Fruit	29 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	30 Macaroni and Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	Try to fill at least half your plate with  fruits and vegetables!	

Our well-balanced lunches available for the week, average between 550-650 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: 908-231-8660 ext. 2232

Please visit <https://www.mealpayplus.com/>

- Deposit funds directly into your account
- Create low balance email alerts
- Monitor purchases and account balance

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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

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