Wharton Borough Public School
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	$3.70

Maschio's Swap Outs

Monday: Turkey & Cheddar Wrap

Tuesday: Grilled Chicken Caesar Salad with Dinner Roll

Wednesday: Ham & Cheese Sandwich

Thursday: Crispy Chicken Salad with or without Cheese

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Turkey Sandwich
Yogurt Bag
Bagel Bag
Peanut Butter & Jelly Sandwich

Mac's Veggie Patch

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

Our well-bal-

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY SPRING!		1 **Pasta Alfredo with Garden Veggies** Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	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**	3 **Maria's Pizza** Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
6 **Dipper Day** **Chicken Sticks with Waffle Sticks** Fresh Veggie Dippers Fresh or Chilled Fruit ARE YOU UP FOR	7 **Open Faced Roast Beef Sandwich with Gravy** Baked Fries Side Salad Fresh or Chilled Fruit THE CHALLENGE?	8 **New Item!** **Crazy Pasta Day** **with Meat Sauce** Garlic Bread Green Beans Italiano Fresh or Chilled Fruit CELEBRATE NATI	9 **Breakfast for Lunch** **Pancakes** Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit ONAL SCHOOL BREAKFAST WEEK!	10 **Maria's Pizza** Freshly Prepared Italian House Salad Fresh or Chilled Fruit
13 **Chicken Nuggets** Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	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	15 **Meatball Parm Hero** Vegetable Medley Fresh or Chilled Fruit	16 **Hamburger or Cheeseburger on a Bun** Smile Fries Fresh or Chilled Fruit	17 **Maria's pizza Freshly Prepared Salad** **Fresh or Chilled Fruit**
20 **HALF DAY** **Pretzel Dog or Corn Dog** **Fries** **Fresh or Chilled Fruit**	21 **HALF DAY** **Grilled Cheese Sandwich** **Tomato Soup Dippers** **Fresh or Chilled Fruit**	22 **Crispy Chicken Sandwich** Freshly Prepared Spring Mix Salad Home-Style Peach Crisp	23 **Hot Dog on a Bun with Toppings** Spiral Fries Fresh or Chilled Fruit	24 **Maria's Pizza** Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
27 **Popcorn Chicken** Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	28 **Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa** Rice Steamed Corn Fresh or Chilled Fruit	29 **Hamburger or Cheeseburger on a Bun** Smile Fries Fresh or Chilled Fruit	30 **Sweet & Sour Chicken with Rice** Steamed Broccoli Fresh or Chilled Fruit **MENU SUBJECT TO CHANGE**	31 **Maria's Pizza** Freshly Prepared Caesar Salad Fresh or Chilled Fruit

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: *973-361-2506 ext. 389*

Lunch Tickets are available in the cafeteria:
10 for $27.50 / 20 for $55.00

Please Make Checks Payable To:
Wharton Board of Education

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"