



# Wharton Borough Public School

## May 2018 Lunch Menu

**NUTRITION NEWS:** May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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 \$3.70

### 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

Connect with us!

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Hamburger or Cheeseburger on a Bun</b> Confetti Fries Fresh or Chilled Fruit	2 <b>Breakfast for Lunch</b> Waffles with Strawberry Compote Breakfast Sausages Tater Tots Fresh or Chilled Fruit	3  <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4  <b>Maria's Pizza</b> Chewbacca Cucumber Coins Fresh or Chilled Fruit
	<b>National Hamburger Month</b>			<b>School Lunch Hero Day</b>
7 <b>Chicken Nuggets</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 <b>School BBQ Hamburgers Hot Dogs</b> Baked Beans Freshly Prepared Garden Salad Watermelon Slice Fresh or Chilled Fruit	9 <b>Meatball Parm Sub</b> Peas and Carrots Fresh or Chilled Fruit	10 <b>Teriyaki Chicken with Rice</b> Steamed Broccoli Fresh or Chilled Fruit	11 <b>Maria's Pizza</b> Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 <b>Meatless Monday Grilled Cheese Sandwich</b> Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 <b>Chicken Patty on Bun</b> Fresh Veggie Cups Baked Fries Fresh or Chilled Fruit	16  <b>Chicken Sticks with Waffle Sticks</b> Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	17 <b>Cheese Quesadilla with Salsa</b> Southwestern Corn Fresh or Chilled Fruit <b>National Salsa Month</b>	18 <b>Maria's Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
<b>Vegetarian Awareness Week</b>				
21 <b>Crispy Chicken BLT Sandwich</b> Potato Wedges Fresh or Chilled Fruit	22 <b>Hot Dog on a Bun</b> Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit <b>National BBQ Month</b>	23 <b>Creamy Mac &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	24 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 <b>Maria's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28  <b>Memorial Day</b>  <b>School Closed</b>	29 <b>Chicken with Rice</b> Mandarin Oranges Fresh or Chilled Fruit	30 <b>Chicken Parm with Pasta</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 <b>Roasted Turkey with Gravy</b> Sweet Potato Vegetable	

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: 973-361-2506 ext. 389

3 Ways to Pay:  
Cash

Check Payable to (Wharton Board of Education)  
 Online (MySchoolBucks.Com)

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"