



# Demarest Elementary 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 \$3.35

MASCHIO'S MAIN EVENT

Monday: Muffin Bag  
 Tuesday: Cereal Bag  
 Wednesday: Muffin Bag  
 Thursday: Cereal Bag

Maschio's Swap Outs Available Daily

Bagel and Yogurt Bag

Extra Slice of Papa John's Pizza \$1.95

8 ounce water available daily for purchase \$0.50



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



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	2 "Sam I Am" BBQ Rib Sandwich "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet Dr. Seuss' Birthday- Read Across America	3 <b>Twisted Cheesy Breadsticks with Marinara Sauce</b> Honey Glazed Carrots Fresh or Chilled Fruit
6 <b>Dipper Day</b> <b>Chicken Sticks with Waffle Sticks</b> Fresh Veggie Dippers Fresh or Chilled Fruit	7 <b>All Beef Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit	8 <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	9 <b>Pretzel Dog</b> Baked Beans Fresh or Chilled Fruit	10 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit
<b>ARE YOU UP FOR THE CHALLENGE?</b>				
13 <b>Chicken Nuggets</b> Dinner Roll Steamed Carrots Fresh or Chilled Fruit	14 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	15 <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	16 <b>Mini Corn Dog Nuggets</b> Vegetable Medley Fresh or Chilled Fruit	17 <b>Lucky Tray Day</b> <b>Mozzarella Sticks with Marinara Sauce</b> Dinner Roll "Shamrock" Garden Peas Fresh or Chilled Fruit
20 <b>Sabrett's All Natural Beef Hot Dog on a Bun</b> Green Beans Fresh or Chilled Fruit <b>1st Day of Spring</b>	21 <b>Grilled Cheese Sandwich</b> Fresh Veggie Dippers Fresh or Chilled Fruit	22 <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	23 <b>Crispy Chicken on a Bun</b> Sweet Potato Tots Fresh or Chilled Fruit	24 <b>Mini Cheese Calzones with Marinara Sauce</b> Fresh Veggie Dippers Fresh or Chilled Fruit
27 <b>Popcorn Chicken</b> Dinner Roll Garden Peas Fresh or Chilled Fruit	28 <b>Sweet &amp; Sour Chicken with Rice</b> Steamed Broccoli Fresh or Chilled Fruit	29 <b>Papa John's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	30 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	31 <b>Meatball Parm Hero</b> Sweet Potatoes Fresh or Chilled Fruit

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](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at: 973-680-8608

Payments should be sent via cash or check with your child's name notes or at [myschoolbucks.com](http://myschoolbucks.com) :  
 10 for \$27.50 / 20 for \$55.00

Please Make Checks Payable To: Bloomfield BOE

MENU SUBJECT TO CHANGE



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