



Reverend Brown School

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

"SIDEKICKS"

Hot Pretzel	\$1.00
Soup w/ Crackers	\$1.25
Freshly Baked Cookie	\$0.50
Fresh Fruit	\$0.75
Assorted Chips	\$0.75
Yogurt	\$1.25
Pudding	\$0.75
Water 8 oz	\$0.75
Milk	\$0.50
Fruit Juice	\$0.75
Envy 100% Sparkling Juice	\$1.50
Flavored Water	\$1.50

Student Lunch \$4.00

Entrée a la Carte \$3.00

Adult Lunch \$4.00

ALL MAIN EVENTS AND SWAP OUTS:

Your Meal comes with the choice of:
Fruit and Vegetable
Low Fat Milk or Water

Maschio's Swap Outs

- Monday:** Yogurt Parfait Meal
- Tuesday:** Cheeseburger on a Bun
- Wednesday:** Pizza Crunchers w/Marinara
- Thursday:** Hot Dog on a Bun
- Friday:** Grilled Cheese Sandwich

Maschio's Swap Outs Available Daily

- Bagel Bag
- Cereal Bag
- Turkey and Cheese Sandwich
- Chicken Nuggets with Dinner Roll
- Chicken Caesar Salad with Dinner Roll
- Italian Sub Sandwich

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Teriyaki Chicken with Rice Vegetable Medley Fresh or Chilled Fruit	2 Villa Capri II Pizza Baked Fries Rainbow Garden Salad "Pink Ink Yink" Sorbet <i>Dr. Seuss' Birthday Read Across America</i>
5 Chicken Tender-Basket Biscuit Baked Fries Fresh or Chilled Fruit	6 Walking Beef Nachos w/Doritos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	7 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit	8 Breakfast for Lunch New Recipe! Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit	9 Villa Capri II Pizza Baked Fries Freshly Prepared Italian House Salad Fresh or Chilled Fruit
12 Meatless Monday Creamy Mac & Cheese Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	14 Roast Turkey with Gravy Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	15 Breakfast for Lunch Waffles Breakfast Sausages Potato Tots Fresh or Chilled Fruit	16 Lucky Tray Day New Recipe! Villa Capri II Pizza Baked Fries Freshly Prepared Italian House Salad Gelatin Fruit Cups
19 Crispy Chicken BLT Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Pretzel Dog Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i>	21 Sweet & Sour Popcorn Chicken with Rice Green Beans Fresh or Chilled Fruit	22 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	23 Villa Capri II Pizza Baked Fries Freshly Prepared Italian House Salad- Fresh or Chilled Fruit
26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	27 SCOOP-A-BOWL Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	28 Philly Cheesesteak Baked Fries Fresh or Chilled Fruit	29 Breakfast for Lunch French Toast Breakfast Sausage Potato Tots Fresh or Chilled Fruit	30 School Closed

POINT OF SALE SYSTEM AT REV. BROWN SCHOOL:
 ALL STUDENT'S WILL BE GIVEN A PIN TO ACCESS THEIR ACCOUNT.
 Please visit PAYFORIT.NET

To fund your child's online lunch account. Or, you may submit a check made payable to MASCHIO'S FOOD SERVICES, INC for your child's lunch account.

PLEASE NOTE: NO CASH ACCEPTED

Questions or Concerns?

Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: 973-598-0005

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

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