



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	\$3.90

Maschio's Swap Outs

Monday: Turkey & Cheese Sandwich

Tuesday: Chicken Caesar Salad Wrap

Wednesday: Turkey & Cheese Sandwich

Thursday: Chicken Caesar Salad Wrap

Friday: Tuna Salad on a Croissant

Maschio's Swap Outs Available Daily

Yogurt Meal with Pita

Fruit & Cheese Platter with Pita

Peanut Butter & Jelly Sandwich

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast for Lunch French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	2 Nicola's Pizza Garden Salad Fresh or Chilled Fruit	3 CINCO DE MAYO Celebration Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Salsa Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 STAR WARS DAY Lightsaber Pizza Sticks with Marinara Sauce Chewbacca Cucumber Coins Fresh or Chilled Fruit
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit	9 Nicola's Pizza Garden Salad Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Personal Pan Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Grilled Cheese Sandwich w/ Bacon Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Chicken Sticks with Waffle Sticks Tater Tots Fresh or Chilled Fruit	16 Nicola's Pizza Garden Salad Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18 Lasagna Roll Up Freshly Prepared Spring Mix Salad Dinner Roll Fresh or Chilled Fruit
21 Lucky Tray Day Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 Hot Dog on a Bun BBQ Baked Beans Veggie Dippers Fresh or Chilled Fruit National BBQ Month	23 Nicola's Pizza Garden Salad Fresh or Chilled Fruit	24 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 Pasta w/ Meat Sauce Freshly Prepared Italian House Salad Breadstick Fresh or Chilled Fruit
28 Memorial Day School Closed	Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	30 Nicola's Pizza Garden Salad Fresh or Chilled Fruit	31 Chicken Parm with Pasta Freshly Prepared Caesar Salad Fresh or Chilled Fruit	

Vegetarian Awareness Week

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
or Call Maschio's Food Services at: (609)397-1672

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"