

# Bergen Arts & Science Elementary School

March 2018

**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.

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	\$2.90
Reduced Lunch	\$0.40
Adult Lunch	\$3.75

## Maschio's Swap Outs

- Monday:** Turkey & Cheese Sandwich
- Tuesday:** Italian Sub Sandwich
- Wednesday:** Bologna Sandwich
- Thursday:** Crispy Chicken Salad with Dinner Roll
- Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily




Halal Sandwiches Available Daily

- Peanut Butter & Jelly Sandwich
- Yogurt Bag
- Bagel Bag
- Cereal Bag

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		<b>1 Creamy Mac &amp; Cheese</b> Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	<b>2 Twisted Cheesy Breadsticks with Marinara Sauce</b> Rainbow Garden Salad "Pink Ink Yink" Sorbet  <i>Dr. Seuss' Birthday Read Across America</i>
<b>5 Popcorn Chicken</b> Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	<b>6 Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>7 Pasta with Meat Sauce</b> Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	<b>8 Breakfast for Lunch New Recipe! Bacon, Egg, &amp; Cheese on a Croissant</b> Battered French Fries Fresh or Chilled Fruit	<b>9 Mini Pizza Bagels</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
 <b>SCHOOL BREAKFAST</b> National School Breakfast Week				
<b>12 Meatless Monday Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	<b>13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	<b>14 Roast Turkey with Gravy</b> Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	<b>15 Hamburger or Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit	<b>16 Lucky Tray Day! New Recipe! Bella's Pizza New York Style</b> Freshly Prepared Caesar Salad Gelatin Fruit Cups
<b>19 Crispy Chicken Sandwich</b> Emoji Fries Fresh or Chilled Fruit	<b>20 Spring Picnic Pretzel Dog</b> Baked Beans Country Slaw Fresh or Chilled Fruit  <i>1st Day of Spring</i>	<b>21 Meatball Parm Hero</b> Vegetable Medley Fresh or Chilled Fruit	<b>22 Sweet &amp; Sour Popcorn Chicken with Rice</b> Broccoli Fresh or Chilled Fruit	<b>23 Stuffed Crust Cheese Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	<b>27 Chicken Nuggets</b> Dinner Roll Green Beans Fresh or Chilled Fruit	<b>28 Breakfast for Lunch Pancakes</b> Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit	<b>29 SCOOP-A-BOWL</b> Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>30 School Closed</b>

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: (862)247-8510



"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE