



Spruce Run School

April 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News On April 22nd everyone around the globe will be celebrating Earth Day. We feel the Earth deserves a bit more respect than that, so we are going to dedicate one full week to this momentous occasion. This month, in honor of the Earth, we are going to challenge you to focus on "Eating the Colors of the Rainbow". You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow; more colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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 \$3.40

Maschio's Swap Outs Available Daily

Bagel Bag with Cheese

Grilled Chicken Patty on a Bun

Grilled Cheese Sandwich

Chef Salad with Dinner Roll

Peanut Butter and Jelly Jamwich

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
4 Grand Slam All Beef Hot Dog on a Bun French Fries RIPS® 100% Juice Slushie Opening Day	5 Grilled Cheese Sandwich Tomato Soup Green Beans Fresh or Chilled Fruit Grilled Cheese Month	6 Macaroni & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	7 Meatball Parmesan Sandwich Vegetables Medley Fresh or Chilled Fruit	1 School Closed
11 Popcorn Chicken Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit	12 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Shredded Lettuce, Tomatoes, and Salsa Rice Corn Fresh or Chilled Fruit	13 Lucky Tray Day Baked Ziti Dinner Roll Green Beans Fresh or Chilled Fruit	14 Eggo Mini Pancakes Puzzle Fries Fresh or Chilled Fruit	8 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
18 New Item! Baked Chicken Confetti Rice Roasted Vegetables Fresh or Chilled Fruit	19 New Item! Spaghetti with Meatballs Garlic Bread Broccoli Fresh or Chilled Fruit National Garlic Day	20 New Item! Cheesy Chicken Flatbread with Ranch Dipping Sauce Sweet Potato Tots Fresh or Chilled Fruit	21 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	15 French Bread Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
25 Crispy Chicken Sandwich Steamed Corn Fresh or Chilled Fruit	26 Ham & Cheese on a Pretzel Bun Tater Tots Fresh or Chilled Fruit Pretzel Day	27 Chicken Nuggets Dinner Roll Country Slaw Fresh or Chilled Fruit	28 Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit	22 New York Style Cheese Pizza Fresh Veggie Dippers Fresh or Chilled Fruit Earth Day
<h3>Eat the Colors of the Rainbow Week!</h3>				
29 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit				

MENU SUBJECT TO CHANGE

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
 Or Call Maschio's Food Services at: 908-735-5151

Prepaid Meals are available in the cafeteria:
Please Make Checks Payable To: Clinton Township



Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Available Daily



Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)



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