



# Caldwell-West Caldwell Elementary Schools

## April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

This month, we are challenging 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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$4.00

MENU SUBJECT TO CHANGE

MASCHIO'S MAIN EVENT

### Maschio's Swap Outs

- Monday:** Chicken Caesar Salad Wrap
- Tuesday:** Italian Sub
- Wednesday:** Ham & Cheese Wrap
- Thursday:** Italian Sub
- Friday:** Crispy Chicken Salad with Roll

Maschio's Swap Outs Available Daily

Bagel & Yogurt Fun Lunch  
Peanut Butter & Jelly Sandwich



**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
<b>3</b> <b>Grand Slam</b> <b>Pizzeria Pizza</b> Fresh Crunchy Veggie Dippers Fresh or Chilled Fruit Opening Day	<b>4</b> <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>5</b> <b>Pasta Alfredo with Garden Veggies</b> Dinner Roll Fresh or Chilled Fruit	<b>6</b> <b>Breakfast for Lunch</b> <b>Pancakes with Breakfast Sausages</b> Hash Browns Fresh or Chilled Fruit	<b>7</b> <b>Pretzel Hot Dog</b> Battered French Fries 100% Juice Sorbet
<b>10</b> School Closed	<b>11</b> School Closed	<b>12</b> School Closed	<b>13</b> School Closed	<b>14</b> School Closed
<b>Spring Recess! School Closed</b>				
<b>17</b> <b>Pizzeria Pizza</b> Fresh Crunchy Veggie Dippers Fresh or Chilled Fruit	<b>18</b> <b>Grilled Cheese Sandwich</b> Fresh Cucumber Coins Fresh or Chilled Fruit	<b>19</b> <b>Pasta Day with Meat Sauce</b> Garlic Breadstick Sautéed Broccoli Fresh or Chilled Fruit National Garlic Day	<b>20</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	<b>21</b> <b>Chicken Nuggets</b> Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit
<b>Eat the Colors of the Rainbow Week!</b>				
<b>24</b> <b>Pizzeria Pizza</b> Fresh Crunchy Veggie Dippers Fresh or Chilled Fruit	<b>25</b> <b>Hot Turkey &amp; Cheese Croissant Sub</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit Earth Day	<b>26</b> <b>Half Day</b> <b>No Lunch Served</b> National Pretzel Day	<b>27</b> <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>28</b> <b>Popcorn Chicken</b> Warm Breadstick Tater Tots Fresh Celery Dippers 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 Contact Roseann Kelly, Food Service Director at [rkelly@staff.cwcboc.org](mailto:rkelly@staff.cwcboc.org)

Online meal payment available @



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