



Montgomery Academy

January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News Ring in the New Year with healthy achievable goals! First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

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 \$3.75
 Reduced Lunch \$0.40
 Adult Lunch \$4.25

MASCHIO'S MAIN EVENT

Maschio's Alternates

Monday: Tuna Salad Sandwich

Tuesday: Chicken Wrap with Lettuce & Tomatoes

Wednesday: Chef Salad with Dinner Roll

Thursday: Grilled Chicken Caesar Wrap

Friday: Italian Sub

Maschio's Alternates Available Daily

Cheese Sandwich
OR
Peanut Butter & Jelly Sandwich

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed	3 Chicken Nuggets Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Spinach Fresh or Chilled Fruit	5 Breakfast for Lunch Pancakes with Strawberries Breakfast Sausages Hash Browns Fresh or Chilled Fruit	6 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Popcorn Chicken Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	10 Ham and Cheese Melt on Croissant Smile Fries Fresh or Chilled Fruit	11 Baked Ziti Steamed Carrots Caesar Salad Garlic Bread Fresh or Chilled Fruit	12 Corn Dog Nuggets Seasoned Potato Wedges Fresh or Chilled Fruit	13 Stuffed Crust Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
16 School Closed	17 Grilled Cheese Sticks with Tomato Soup Fresh Cucumber Dippers Fresh or Chilled Fruit Martin Luther King, Jr. Day	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Lucky Tray Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	20 New York Style Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
23 Crispy Chicken Sandwich Vegetable Medley Fresh or Chilled Fruit	24 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	25 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	26 Mini Cheese Calzones with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit	27 Chinese New Year Sweet & Sour Popcorn Chicken Rice Steamed Broccoli Fresh or Chilled Fruit Fortune Cookie
30 Fajita Chicken Seasoned Rice Steamed Corn Fresh or Chilled Fruit	31 Hamburger or Cheeseburger on a Bun BBQ Baked Beans Steamed Corn Strawberry Applesauce Winter Picnic	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="font-size: 48px; font-weight: bold;">2017</div> <div style="text-align: right;"> <h1>Happy New Year!</h1> </div> </div>		



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

Check us out on Facebook : Maschio's Food Services, Inc.

Our well-balanced lunches available for the week, average between 600-650 (K-8) 750-850 (9-15) 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: 908-766-0362

MENU SUBJECT TO CHANGE

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"