



Montgomery Academy

May 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

Enjoy the nice spring weather and celebrate National BBQ Month with your friends and family!

Try a variety of grilled fruits and vegetables such as corn, zucchini, bell peppers, eggplant, Portobello mushrooms, asparagus, peaches, pineapples, apples, and more!

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 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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
1 Crispy Chicken Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	2 Macaroni and Cheese Dinner Roll Vegetable Medley Fresh or Chilled Fruit	3 New Item! Wafflelicious Wednesday Waffles with Warm Berry Compote Breakfast Sausages Sweet Potato Waffle Fries Fresh or Chilled Fruit	4 STAR WARS DAY Grilled Cheese and Ham Solo Sandwich Vader Tater Tots Galaxy Swirl Sorbet	5 New Items! CINCO DE MAYO! Pizza Cheese Quesadilla Southwestern Corn Fresh or Chilled Fruit Warm Cinnamon Churro School Lunch Hero Day
8 China Sweet and Sour Chicken over Rice Broccoli Mandarin Oranges	9 Mexico Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa Steamed Rice Steamed Corn Fresh or Chilled Fruit	10 Germany All Beef Frankfurter on a Bun Potato Wedges Applesauce	11 America Hamburger or Cheeseburger on a Bun Sweet Potato Crinkle Fries Home-Style Apple Crisp National BBQ Month	12 Italy Mini Cheese or Pepperoni Calzones with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	16 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	17 Lucky Tray Day Meatball Parm Sub Smile Fries Fresh Veggie Dippers Fresh or Chilled Fruit	18 Loaded Potato Skins Steamed Green Vegetable Fresh or Chilled Fruit	19 Mini Cheese Pizza Bagels Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
22 Popcorn Chicken Confetti Rice Steamed Carrots Fresh or Chilled Fruit	23 Baked Ziti Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	24 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	25 SCOOP-A-BOWL with Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, and Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	26 Assorted Pizza Selection Freshly Prepared Caesar Salad Fresh or Chilled Fruit
29 Memorial Day School Closed 	30 Cheesesteak Sandwich with Peppers and Onions Battered French Fries Fresh or Chilled Fruit	31 Mozzarella Sticks with Marinara Dipping Sauce Garden Salad Fresh or Chilled Fruit	Celebrate World Food Week!	



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

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!

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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

Questions or Concerns?
 Please Visit www.MaschioFood.com
 or Call Maschio's Food Services at: 908-766-0362