



# Watsessing Elementary School March 2017 Lunch Menu



**Macs Nutrition News** Celebrate National Nutrition Month\*! Take the time this month to "put your best fork forward" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal—each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body—slow down and savor each bite!

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

Adult Lunch \$3.35

<b>Monday:</b>	Muffin Bag
<b>Tuesday:</b>	Cereal Bag
<b>Wednesday:</b>	Muffin Bag
<b>Thursday:</b>	Cereal Bag

Maschio's Swap Out's Available Daily

Bagel and Yogurt Bag

Extra Slice of Papa John's Pizza \$1.95

8 ounce water available daily for purchase \$0.50



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



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

## EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY SPRING!</b>				
6 <b>Dipper Day</b> Chicken Nuggets with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit	7 <b>All Beef</b> Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	1 <b>Papa John's</b> Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	2 <b>"Sam I Am"</b> BBQ Rib Sandwich "Fox in Socks" Tater Tots "Pink Ink Yink" Sobot Dr. Seuss Birthday-Read Across America	3 <b>Twisted Cheesy</b> Breadsticks with Marinara Sauce Honey Glazed Carrots Fresh or Chilled Fruit
13 <b>Chicken Nuggets</b> Dinner Roll Steamed Carrots Fresh or Chilled Fruit	14 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	8 <b>Papa John's</b> Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	9 <b>Pretzel Dog</b> Baked Beans Fresh or Chilled Fruit	10 <b>Breakfast</b> for Lunch Waffles Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit
20 <b>Sabrett's All</b> Natural Beef Hot Dog on a Bun Green Beans Fresh or Chilled Fruit 1st Day of Spring	21 <b>Grilled Cheese</b> Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	15 <b>Papa John's</b> Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	16 <b>Mini Corn</b> Dog Nuggets Vegetable Medley Fresh or Chilled Fruit	17 <b>Mozzarella Sticks</b> with Marinara Sauce Dinner Roll "Shamrock" Garden Peas Fresh or Chilled Fruit
27 <b>Popcorn Chicken</b> Dinner Roll Garden Peas Fresh or Chilled Fruit	28 <b>Sweet &amp; Sour</b> Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	22 <b>Papa John's</b> Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	23 <b>Crispy Chicken</b> on a Bun Sweet Potato Tots Fresh or Chilled Fruit	24 <b>Mini Cheese</b> Calzones with Marinara Sauce Fresh Veggie Dippers Fresh or Chilled Fruit
29 <b>Papa John's</b> Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	30 <b>Breakfast</b> for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	29 <b>Papa John's</b> Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	31 <b>Meatball Parm</b> Hero Sweet Potatoes Fresh or Chilled Fruit	

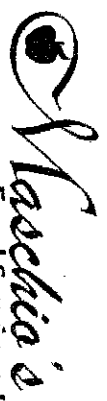
Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com) Or Call Maschio's Food Services at: 973-680-8608

Payments should be sent via cash or check with your child's name notes or at [myschoolbucks.com](http://myschoolbucks.com): 10 for \$27.50 / 20 for \$55.00


Please Make Checks Payable To: Bloomfield BOE

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

# MARCH 2017 - WATSESSING SCHOOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Home & School Mtg 7PM	7 BOE Meeting 7:30PM	8	9	10	11
12	13	14 Townwide Concert @ BHS 7PM	15 SEPAAC Meeting 7PM @ Fairview School	16	17 	18
19	20	21 Spring Picture Day	22	23 Report Cards Available	24	25
26	27 Book Fair Week	28 BOE Meeting 7:30PM	29	30	31 Spring Concert 2PM for Grades 3,4,5 & 6	