



# Stockton School

South Hunterdon Regional School District

## April 2018 Lunch Menu

**NUTRITION NEWS: Eat the Colors of the Rainbow Week** Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.90

### Maschio's Swap Outs

**Monday:** Turkey & Cheese Sandwich

**Tuesday:** Chicken Caesar Salad Wrap

**Wednesday:** Turkey & Cheese Sandwich

**Thursday:** Chicken Caesar Salad Wrap

**Friday:** Tuna Salad on a Croissant

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Maschio's Swap Outs Available Daily

**Peanut Butter & Jelly Sandwich**

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	Spring Recess! School Closed			<p>6</p> <p><b>Stuffed Crust Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>9</p> <p><b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>10</p> <p><b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>11</p> <p><b>Creamy Mac &amp; Cheese</b> Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>12</p> <p><b>Hamburger or Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit</p>	<p>13</p> <p><b>Personal Pan Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>16</p> <p><b>Meatless Monday</b> <b>Mini Cheese Ravioli with Marinara Sauce</b> Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>	<p>17</p> <p><b>Breakfast for Lunch</b> <b>New Items!</b> <b>Cinnamon French Toast Sticks</b> Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit <b>Guava Strawberry Flip</b></p>	<p>18</p> <p><b>Grilled BBQ Chicken Sandwich</b> Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit</p>	<p>19</p> <p><b>Scoop a Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit</p>	<p>20</p> <p><b>Cheese Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>
Eat the Colors of the Rainbow Week				
<p>23</p> <p><b>Corn Dog Nuggets</b> Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit</p>	<p>24</p> <p><b>Lucky Tray Day</b> <b>Philly Cheesesteak Hero</b> Oven Baked Fries Fresh or Chilled Fruit</p>	<p>25</p> <p><b>Pasta with Meatballs</b> Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>	<p>26</p> <p><b>Baked Chicken</b> Mashed Potatoes Dinner Roll Fresh or Chilled Fruit</p>	<p>27</p> <p><b>Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>30</p> <p><b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Fresh or Chilled Fruit</p>				

Our well-balanced lunches available for the week, average between **600-650 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: (609)397-1672

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"