



# Hardyston Middle School

March 2018 Lunch Menu

**NUTRITION NEWS:** Celebrate **National Nutrition Month**® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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	\$4.50

Maschio's Swap Outs Available Daily

**Hamburger or Cheeseburger on a Bun**

**Buffalo or Plain Chicken Patty on a Bun**

**Pizza Slice**

**Assorted Deli Sandwiches & Wraps**

**Salad Bar Meal**

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
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*Happy Spring!*



<p><b>5 Popcorn Chicken</b> Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit</p>	<p><b>6 Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p><b>7 Pasta with Meat Sauce</b> Meat Sauce Garlic Bread Sautéed Spinach Fresh or Chilled Fruit</p>	<p><b>1 Creamy Mac &amp; Cheese</b> Dinner Roll Steamed Broccoli Fresh or Chilled Fruit</p>	<p><b>2 Twisted Cheesy Breadsticks with Marinara Sauce</b> Rainbow Garden Salad "Pink Ink Yink" Sorbet</p> <p style="text-align: right; font-size: small;">Dr. Seuss' Birthday Read Across America</p>
<p><b>12 Meatless Monday</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p><b>13 Taco Tuesday</b> Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p><b>14 Roast Turkey with Gravy</b> Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit</p>	<p><b>15 Hamburger or Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit</p>	<p><b>16 Lucky Tray Day!</b> <b>New Recipe!</b> Bella's Pizza New York Style Freshly Prepared Caesar Salad Gelatin Fruit Cups</p>
<p><b>19 Crispy Chicken Sandwich</b> Emoji Fries Fresh or Chilled Fruit</p>	<p><b>20 Spring Picnic</b> <b>Pretzel Dog</b> Baked Beans Country Slaw Fresh or Chilled Fruit</p> <p style="text-align: center; font-size: small;"><i>1st Day of Spring</i></p>	<p><b>21 Meatball Parm Hero</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>22 Sweet &amp; Sour Popcorn Chicken with Rice</b> Broccoli Fresh or Chilled Fruit</p>	<p><b>23 Stuffed Crust Cheese Pizza</b> Freshly Prepared Cucumber &amp; Tomato Salad Fresh or Chilled Fruit</p>
<p><b>26 Meatless Monday</b> <b>Cheese Lasagna Rollup with Marinara Sauce</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p><b>27 Chicken Nuggets</b> Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p><b>28 Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit</p>	<p><b>29 SCOOP-A-BOWL</b> Taco Meat &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p style="text-align: center; font-size: large;"><b>School Closed</b></p>

**SCHOOL BREAKFAST** National School Breakfast Week

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: (973)-823-7009

Prepayment of Lunches is available in the Cafeteria  
**10 for \$28.50 / 20 for \$57.00**

Please Make Checks Payable To:  
**Hardyston Township Board of Ed**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"