



# Hackensack Elementary Schools

March 2019 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	\$2.50
Reduced Lunch	\$0.40
Adult Lunch	\$5.00
Milk/ Water	\$0.50

## Maschio's Swap Outs

**Monday:** Turkey & Cheese Sandwich

**Tuesday:** Grilled Cheese Sandwich

**Wednesday:** Yogurt Parfait

**Thursday:** Turkey Ham & Cheese Sandwich

**Friday:** Tuna Salad Sandwich with Lettuce

Maschio's Swap Outs Available Daily

**Yogurt Bag:** Yogurt, Bagel with Cream Cheese, and Cheese Stick  
Sunbutter and Jelly Sandwich

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 			1 <b>Pizza</b> Rainbow Garden Salad "Pink Ink Yink" Sorbet  Dr. Seuss' Birthday Read Across America
4 <b>Breakfast for Lunch</b> <b>Waffles</b> Sausage Hash Browns Fresh or Chilled Fruit	5 <b>Popcorn Chicken with Dipping Sauces</b> Steamed Rice Broccoli Fresh or Chilled Fruit	6 <b>Pasta with Meat Sauce</b> Garlic Bread Steamed Vegetables Fresh or Chilled Fruit	7 <b>SCOOP-A-BOWL</b> <b>Taco Meat &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> <b>Tostitos SCOOPS!®</b> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	8 <b>Pizza</b> Italian House Salad Fresh or Chilled Fruit
	I  <b>SCHOOL BREAKFAST</b>	National School Breakfast Week		
11 <b>Chicken Tenders</b> Dinner Roll Peas & Carrots Fresh or Chilled Fruit	12 <b>Minimum Day Turkey &amp; Cheese Sandwich or Bagel with Yogurt Bag</b> Veggie Dippers Fresh or Chilled Fruit	13 <b>Meatball Parm Hero</b> French Fries Fresh or Chilled Fruit	14 <b>Hot Dog on a Bun</b> Baked Beans Fresh or Chilled Fruit	15 <b>Pizza</b> Caesar Salad Fresh or Chilled Fruit
18 <b>Grilled Turkey Ham &amp; Cheese on a Pretzel Roll</b> Emoji Fries Fresh or Chilled Fruit	19 <b>Chicken Bites</b> Pretzel Stick Steamed Vegetables Fresh or Chilled Fruit	20 <b>Baked Ziti with Mozzarella Cheese</b> Garlic Breadstick Broccoli Fresh or Chilled Fruit	21 <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit <i>1st Day of Spring</i>	22 <b>Pizza</b> Cucumber & Tomato Salad Fresh or Chilled Fruit
25 <b>Meatless Monday Twisted Cheesy Breadsticks</b> Marinara Sauce Green Beans Fresh or Chilled Fruit	26 <b>Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Black Bean Salad Fresh or Chilled Fruit	27 <b>Macaroni &amp; Cheese</b> Pretzel Stick Broccoli Fresh or Chilled Fruit	28 <b>Breakfast for Lunch French Toast Sticks</b> Sausage Hash Browns Fresh or Chilled Fruit	29 <b>Pizza</b> Italian House Salad 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 Piper at Maschio's Food Services at 201-646-7855

Deposit funds into your child's online lunch account by visiting [www.myschoolbucks.com](http://www.myschoolbucks.com)

\*Monitor purchases and account balance\*

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"