



# Calvin Coolidge

March 2018

Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

**Student Breakfast**

**FREE**

**Adult Breakfast**

**\$2.65**

All Meals Served with Choice

of:



Fresh or

Canned Fruit



1% Low Fat Milk

or Fat Free Milk

### 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.



Monday Tuesday Wednesday Thursday Friday



**1** Chocolate Chip Muffin with Cheese Stick  
100% Fruit Juice

**2** Apple Cinnamon Muffin with Graham Crackers  
100% Fruit Juice  
Dr. Seuss' Birthday Read Across America

**5** Cereal Bar with Graham Crackers  
100% Fruit Juice

**6** Slice of Banana Bread  
100% Fruit Juice

**7** String Cheese with Graham Crackers  
100% Fruit Juice

**8** Chocolate Chip Muffin with Cheese Stick  
100% Fruit Juice

**9** Apple Cinnamon Muffin with Graham Crackers  
100% Fruit Juice



**12** Cereal Bar with Graham Crackers  
100% Fruit Juice

**13** Slice of Banana Bread  
100% Fruit Juice

**14** String Cheese with Graham Crackers  
100% Fruit Juice

**15** Chocolate Chip Muffin with Cheese Stick  
100% Fruit Juice

**19** Cereal Bar with Graham Crackers  
100% Fruit Juice

**20** Slice of Banana Bread  
100% Fruit Juice

**21** String Cheese with Graham Crackers  
100% Fruit Juice

**22** Chocolate Chip Muffin with Cheese Stick  
100% Fruit Juice

**23** Apple Cinnamon Muffin with Graham Crackers  
100% Fruit Juice

**26** Cereal Bar with Graham Crackers  
100% Fruit Juice

**27** Slice of Banana Bread  
100% Fruit Juice

**28** String Cheese with Graham Crackers  
100% Fruit Juice

**29** Chocolate Chip Muffin with Cheese Stick  
100% Fruit Juice

**30** Apple Cinnamon Muffin with Graham Crackers  
100% Fruit Juice

**16** National School Breakfast Week

**17** String Cheese with Graham Crackers  
100% Fruit Juice

**18** Chocolate Chip Muffin with Cheese Stick  
100% Fruit Juice


**24** Apple Cinnamon Muffin with Graham Crackers  
100% Fruit Juice

**25** String Cheese with Graham Crackers  
100% Fruit Juice

**26** Chocolate Chip Muffin with Cheese Stick  
100% Fruit Juice

**27** Apple Cinnamon Muffin with Graham Crackers  
100% Fruit Juice

MENU SUBJECT TO CHANGE

Connect with us!   

Please Visit: [www.maschiofood.com](http://www.maschiofood.com)



This institution is an equal opportunity provider



# Hillside Elementary Schools 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 \$2.60  
 Reduced Lunch \$0.40  
 Adult Lunch \$3.35

**Maschio's Swap Outs Available Daily**

Assorted Quality  
 Deli Meat & Cheese Sandwiches

Peanut Butter & Jelly Sandwich

**PAPA JOHN'S DELIVERIES**

APM: 3/13	CC: 3/2	HL: 3/9
GW: 3/2		HS: 3/23
WOK: 3/16		

Connect with us!

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

## Monday



**5 Hamburger or Cheeseburger on a Bun**  
 Potato Wedges  
 Fresh or Chilled Fruit

## Tuesday



**6 Grilled Sandwich**  
 Tomato Soup  
 Fresh Veggie Dippers  
 Fresh or Chilled Fruit

## Wednesday

**1 Chicken & Cheese Quesadilla**  
 with Shredded Lettuce, Salsa  
 Southwestern Corn  
 Fresh or Chilled Fruit

**7 Pasta with Meat Sauce**  
 Garlic Bread  
 Sautéed Spinach  
 Fresh or Chilled Fruit

## Thursday

**2 Stuffed Crust Pizza**  
 Rainbow Garden Salad  
 "Pink Ink Yink" Sorbet

**8 Breakfast for Lunch**  
**New Recipe!**  
**Bacon, Egg, & Cheese on a Croissant**  
 Battered French Fries  
 Fresh or Chilled Fruit

## Friday

**9 French Bread Pizza**  
 Freshly Prepared Italian House Salad  
 Fresh or Chilled Fruit

## [ I ] SCHOOL BREAKFAST National School Breakfast Week

**12 Crispy Chicken Sandwich**  
 Emoji Fries  
 Fresh or Chilled Fruit

**13 Taco Tuesday**  
 Twin Tacos with Beef Taco Meat  
 Shredded Cheddar Cheese, Tomato & Salsa  
 Rice  
 Steamed Corn  
 Fresh or Chilled Fruit

**14 Roast Turkey with Gravy**  
 Dinner Roll  
 Mashed Potatoes  
 Steamed Carrots  
 Fresh or Chilled Fruit

**15 Cheesy Baked Ziti**  
 Garlic Bread  
 Sautéed Spinach  
 Fresh or Chilled Fruit

**16 Tushy Tray Day!**  
**New Recipe!**  
**Bella's Pizza**  
 Freshly Prepared Caesar Salad  
 Gelatin Fruit Cup

**19 Popcorn Chicken**  
 Soft Pretzel Stick  
 Fresh Celery Dippers  
 Fresh or Chilled Fruit

**20 Spring Picnic**  
**All Beef Hot Dog on a Bun**  
 Vegetarian Baked Beans  
 French Fries  
 Fresh or Chilled Fruit  
*1st Day of Spring*

**21 Creamy Mac & Cheese**  
 Dinner Roll  
 Vegetable Medley  
 Fresh or Chilled Fruit

**22 Sweet & Sour Chicken with Rice**  
 Broccoli  
 Fresh or Chilled Fruit

**23 Stuffed Crust Cheese Pizza**  
 Freshly Prepared Cucumber & Tomato Salad  
 Fresh or Chilled Fruit

**26 Chicken Nuggets**  
 Dinner Roll  
 Green Beans  
 Fresh or Chilled Fruit

**27 Breakfast for Lunch**  
**Pancakes**  
 Breakfast Sausages  
 Sweet Potato Tots  
 Fresh or Chilled Fruit

**28 Hamburger or Cheeseburger on a Bun**  
 Potato Wedges  
 Fresh or Chilled Fruit

**29 School Closed**

**30 School Closed**

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: 908-352-7664 ext 8442

Cash, checks, and online payment are accepted.  
 Online payments can be made at [LunchPrepay.com](http://LunchPrepay.com)  
 Please **Make Checks Payable To: Hillside Board of Education**

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