

# Hillside Elementary Schools

## 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 a variety of different colored fruits & vegetables...your body will thank you later!

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: 4/17	CC: 4/13
GW: 4/13	HL: 4/20
WOK: 4/27	HS: 4/30

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	Spring Recess! School Closed			
<p>9</p> <p><b>Hamburger or Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit</p>	<p>10</p> <p style="color: #8e44ad;">Breakfast for Lunch</p> <p><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>Sloppy Joe on a Bun</b> Sautéed Spinach 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>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>17</p> <p><b>Soft Shell Taco with Beef Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit <span style="color: #007bff;">Guava Strawberry Flip</span></p>	<p>18</p> <p><b>Spaghetti with Meat Sauce</b> Warm Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>19</p> <p><b>Sweet &amp; Sour Chicken with Rice</b> Steamed Broccoli Fresh or Chilled Fruit</p>	<p>20</p> <p><b>Cheese Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p style="font-size: 1.5em; color: #8e44ad;">Eat the Colors of the Rainbow Week</p>				
<p>23</p> <p><b>Crispy Chicken Sandwich</b> BBQ Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit</p>	<p>24</p> <p style="color: #8e44ad;">Lucky Tray Day</p> <p><b>Grilled Cheese Sandwich</b> Vegetable Medley Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>25</p> <p><b>Roasted Turkey with Gravy</b> Dinner Roll Sweet Potatoes Sautéed Spinach Fresh or Chilled Fruit</p>	<p>26</p> <p><b>Chicken Fajita Wrap with Peppers &amp; Onions</b> Steamed Corn 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>Hot Dog on a Bun</b> Potato Wedges Fresh or Chilled Fruit</p>				

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**

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"