



# Alpha 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	\$3.35

## Maschio's Swap Outs

Cheeseburger on a Bun  
Garden Salad with Chicken & Roll  
Hot Dog on a Bun  
Bagel Bag




**BREAKFAST**

\$1.25  
\$.30

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		<b>1 Hamburger on a Bun</b> Baked Fries Fresh or Chilled Fruit	<b>2 Domino's Pizza</b> Salad "Pink Ink Yink" Sorbet
<b>5 Popcorn Chicken</b> Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	<b>6 Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>7 Pasta with Meat Sauce</b> Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	<b>8 Breakfast for Lunch</b> <b>Egg, Ham &amp; Cheese on a Croissant</b> Battered French Fries Fresh or Chilled Fruit	<b>9 Domino's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
 <b>SCHOOL BREAKFAST</b> National School Breakfast Week				
<b>12 Meatless Monday</b> <b>Grilled Cheese on a Pretzel Bun</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	<b>13 Taco Tuesday</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	<b>14 Roasted Chicken with Gravy</b> Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	<b>15 BBQ Pulled Pork on a Bun</b> Potato Wedges Fresh or Chilled Fruit	<b>16 Lucky Tray Day</b> <i>New Recipe!</i> <b>Domino's Pizza</b> Freshly Prepared Caesar Salad Gelatin Fruit Cups
<b>19 Crispy Chicken Sandwich</b> Emoji Fries Fresh or Chilled Fruit	<b>20 Spring Picnic</b> <b>Pretzel Dog</b> Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i>	<b>21 Breakfast for Lunch</b> <b>French Toast</b> w/ Breakfast Sausages Tater Tots Fresh or Chilled Fruit	<b>22 Crunchy Fish Sticks w/ Roll</b> Baked Fries Fresh or Chilled Fruit	<b>23 Domino's Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>26 Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Emoji Fries Fresh or Chilled Fruit	<b>27 Chicken Fries</b> Dinner Roll Green Beans Fresh or Chilled Fruit	<b>28 Dominos Pizza</b> Fresh Garden Salad Fresh or Chilled Fruit	<b>29 Half Day</b>  <b>No Lunch Served</b>	<b>30 School Closed</b>

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: (908)454-5000

Lunch Tickets are available in the cafeteria:  
10 for \$28.50 / 20 for \$57.00

**Please Make Checks Payable To: Alpha Public**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"