



# Alpha School

## 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	\$2.85
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

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>School Closed</b>	3 <b>Hamburger on a Bun</b> Baked Fries Fresh or Chilled Fruit	4 <b>Crispy Fish Sticks</b> Emoji Fries Fresh or Chilled Fruit	5 <b>Grilled Cheese On a Pretzel Bun</b> Green Beans Fresh or Chilled Fruit	6 <b>Domino's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>Corn Dog Nuggets</b> Vegetarian Baked Beans Fresh Cucumber Coins  Fresh or Chilled Fruit	12 <b>Dominos Pizza</b> Fresh Garden Salad Fresh or Chilled Fruit	13 <b>Half Day</b>  <b>No Lunch Served</b>
16 <b>Meatless Monday</b> <b>Mini Cheese Ravioli with Marinara Sauce</b> Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 <b>Breakfast for Lunch</b> <b>New Items!</b> <b>Cinnamon French Toast Sticks</b> Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit <b>Guava Strawberry Flip</b>	18 <b>Roasted BBQ Chicken Dinner Roll</b> Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit	20 <b>Domino's Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit
<b>Eat the Colors of the Rainbow Week</b>				
23 <b>Egg, Ham &amp; Cheese on a Croissant</b> Tater Tots Fresh or Chilled Fruit	24 <b>Lucky Tray Day</b> <b>BBQ Pulled Pork Sandwich</b> Oven Baked Fries Fresh or Chilled Fruit	25 <b>Pasta with Meat Sauce</b> Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 <b>Half Day</b>  <b>No Lunch Served</b>	27 <b>Domino's Pizza</b>  Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Fresh or Chilled Fruit				

Connect with us!   



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

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"