



# Alpha School

May 2018  
Lunch Menu

**NUTRITION NEWS:** May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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
	<b>1</b> <b>Hamburger on a Bun</b> Confetti Fries Fresh or Chilled Fruit  <b>National Hamburger Month</b>	<b>2</b> <b>Breakfast for Lunch</b> <b>Waffles with</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	<b>3</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	<b>4</b> <del>STAR WARS DAY</del> <b>Domino's Pizza</b> Chewbacca Cucumber Coins Fresh or Chilled Fruit  <b>School Lunch Hero Day</b>
<b>7</b> <b>Chicken Nuggets</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>8</b> <b>French Toast Sticks</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	<b>9</b> <b>Meatball Parm Sub</b> Peas and Carrots Fresh or Chilled Fruit	<b>10</b> <b>Fish Sticks</b> Dinner Roll Baked Fries Fresh or Chilled Fruit	<b>11</b> <b>Domino's Pizza</b> Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
<b>14</b> <b>Meatless Monday Grilled Cheese Sandwich</b> Freshly Prepared Country Slaw Fresh or Chilled Fruit	<b>15</b> <b>Chicken Sticks with Waffle Sticks</b> Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>16</b> <b>Breakfast for Lunch Pancakes &amp; Sausages</b> Smile Potatoes Fresh or Chilled Fruit	<b>17</b> <b>Chicken Fajita Wrap</b> Southwestern Corn Salsa Fresh or Chilled Fruit <b>National Salsa Month</b>	<b>18</b> <b>Domino's Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
<b>21</b> <b>Crispy Chicken Sandwich</b> Potato Wedges Fresh or Chilled Fruit	<b>22</b> <b>Hot Dog on a Bun</b> Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit <b>National BBQ Month</b>	<b>23</b> <b>Pasta w/ Meat Sauce</b> Broccoli Italianp Fresh or Chilled Fruit	<b>24</b> <b>Dominos Pizza</b> Garden Salad Fresh or Chilled Fruit	<b>25</b> <b>Half Day</b>  <b>No Lunch Served</b>
<b>28</b> <b>Memorial Day</b>  <b>School Closed</b>	<b>29</b> <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>30</b> <b>Lasagna Roll up OR Pizza Sticks w/ Marinara Sauce</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>31</b> <b>Corn Dog Nuggets</b> Baked Beans Cucumber Coins Fresh or Chilled Fruit	

## Vegetarian Awareness Week

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"