



Tewksbury Elementary School

January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch. Fresh Fruit of the Day, and a Beverage choice of Low Fat Milk, 100% Juice, or Spring Water.

Student Lunch \$3.25

Adult Lunch \$3.75

Maschio's BOX Meals

#1 Stonyfield Organic Yogurt, Annie's Organic Bunny Graham Crackers, Fresh Veggie Sticks, Fresh Fruit, and Spring Water.

2 Bagel or Soft Pretzel with Cheese Stick, Yogurt, Fresh Veggie Sticks, Fresh Fruit, and Spring Water.

#3 Cereal Meal with Annie's Organic Bunny Graham Crackers, Cheese Stick, Fresh Veggie Sticks, Fresh Fruit, and Spring Water.

#4 Fruit Platter with Cheese, Hard Boiled Egg, Toasted Pita Wedges, Fresh Veggie Sticks, and Spring Water.

Maschio's Deli

Monday: *Roast Turkey on Ciabatta Bread

Tuesday: Tuna Salad Sandwich

Wednesday: *Ham & Provolone on a Kaiser Roll

Thursday: Italian Sandwich

Friday: Crispy Chicken Salad with Dinner Roll

***Sandwiches and Salads are made with Thin 'N Trim Premium Deli Meats.**



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

All Chicken is Antibiotic -Free

All Natural Uncured Beef Hot Dogs- No Nitrites Added



Check us out on Facebook : Maschio's Food Services, Inc.

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed	3 Chicken Nuggets Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit	5 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	6 Dominick's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Popcorn Chicken Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	10 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	11 Breakfast for Lunch French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	12 All Natural Beef Hot Dog on a Bun Fresh Veggie Dippers Spiral Fries Fresh or Chilled Fruit	13 Stuffed Crust Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
16 Chicken Tenders Dinner Roll Sweet Tater Tots Fresh or Chilled Fruit	17 Grilled Cheese Sticks with Chicken Soup Fresh Cucumber Dippers Fresh or Chilled Fruit	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Lucky Tray Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	20 Dominick's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
23 Crispy Chicken Sandwich Vegetable Medley Fresh or Chilled Fruit	24 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	25 Breakfast for Lunch Pancakes Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	26 Corn Dog Nuggets Seasoned Potato Wedges Fresh or Chilled Fruit	27 Mini Cheese Calzones with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 Chinese New Year Sweet & Sour Popcorn Chicken Rice Steamed Broccoli Fresh or Chilled Fruit Fortune Cookie	31 Hamburger or Cheeseburger on a Bun BBQ Baked Beans Steamed Corn Strawberry Applesauce Winter Picnic			

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
Or Call Maschio's Food Services at: 908-832-2594 x2129

Prepaid Meals are available daily in the cafeteria

Please Make Checks Payable To:
Tewksbury Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"