



Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

Student Lunch \$3.50

Adult Lunch \$4.00

SIDEKICKS

Milk	\$0.50
Lemonade	\$0.50
Spring Water 8oz	\$0.50
Soup w/ Crackers	\$1.50
Baked Cookie	\$0.40
Baked Chips	\$0.75
Rice Krispy Treat	\$0.25
Fresh Fruit	\$0.75
Fruit Cup or Fruit Juice	\$0.50

Beverage Choice:

Your Meal Comes with the Choice of:

Flavored/Unflavored

Low Fat Milk ,

Iced Tea, or Water

Maschio's Swap Outs

Monday: Grilled Chicken Sandwich

Tuesday: Ham and Cheese Wrap

Wednesday: Turkey, Cheese, and Bacon Sandwich

Thursday: Chicken Caesar Wrap

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Grilled Chicken Caesar Salad with
a Dinner Roll

Chef Salad with a Dinner Roll

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
3 Popcorn Chicken Buttered Noodles Green Beans Fresh or Chilled Fruit	4 Hot dog on a Bun Curly Fries Pickle Fresh or Chilled Fruit	5 Breakfast for Lunch Waffle with Breakfast Sausages Hash Browns Fresh or Chilled Fruit	6 Walking Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Churro Rice Fresh or Chilled Fruit	7 Georgio's Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
10 Pasta Day with Sauce Italian Bread Sweet Peas Fresh or Chilled Fruit	11 BBQ Rib Sandwich Smile fries Celery Dippers Fresh or Chilled Fruit	12 Noon Dismissal	13 School Closed	14 School Closed
17 School Closed	18 Chicken Tenders Mashed Potatoes Sweet Corn Fresh or Chilled Fruit	19 Cheeseburger on a Bun Lettuce, Tomato Fresh or Chilled Fruit Snack Bag	20 Macaroni and Cheese Carrots Dinner Roll Fresh or Chilled Fruit	21 Georgio's Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
Eat the Colors of the Rainbow Week!				
24 Pierogies Green Beans Dinner Roll Fresh or Chilled Fruit	25 Grilled Cheese Sandwich Cup of Soup Cookie Fresh or Chilled Fruit Earth Day	26 Breakfast for Lunch Bacon, Egg, and Cheese Croissant Hash Browns Fresh or Chilled Fruit National Pretzel Day	27 Chicken Patty Sandwich on a Bun Lettuce, tomato Smile Fries Fresh or Chilled Fruit	28 Georgio's Cheese Pizza Freshly Prepared Veggie Dipper Fresh or Chilled Fruit Snack Bag

MENU SUBJECT TO CHANGE



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

Questions or Concerns?

Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: 610-373-3316



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