

Knowlton Township Elementary 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	\$2.75
Reduced Lunch	\$0.40
Adult Lunch	\$3.25

Swap Outs Available
Monday, Wednesday, Friday

Popcorn Chicken with Dinner Roll

Swap Outs Available
Tuesday and Thursday

All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Bagel Bag: Bagel with Cream Cheese, and Cheese Sticks

Peanut & Jelly Jamwich Meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 SPRING BREAK SCHOOL CLOSED	3 Mini Cheese Pizza Bagels Freshly Prepared House Salad Fresh or Chilled Fruit	4 Hot Dog on a Bun Emoji Fries Baked Beans Fresh or Chilled Fruit	5 Grilled Cheese Sandwich Green Beans Fresh or Chilled Fruit	6 Hope Pizza Fresh Garden Salad Fresh or Chilled Fruit
9 Chicken Fries Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	12 Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	13 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 Meatless Monday Cheese Quesadilla Corn Salsa Fresh or Chilled Fruit	17 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Tater Tots Fresh or Chilled Fruit Guava Strawberry Flip	18 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	19 Chicken Parm Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	20 Cheese Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
23 Corn Dog Nuggets Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24 Lucky Tray Day Chicken Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit	25 Pasta with Meat Sauce Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 National Pretzel Day Ham & Cheese Melt on a Pretzel Bun Emoji Fries Fresh or Chilled Fruit	27 Hope Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 BBQ Baked Chicken Dinner Roll Baked Fries Fresh or Chilled Fruit				

Eat the Colors of the Rainbow Week

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 or call Maschio's Food Services at: 908-475-5118

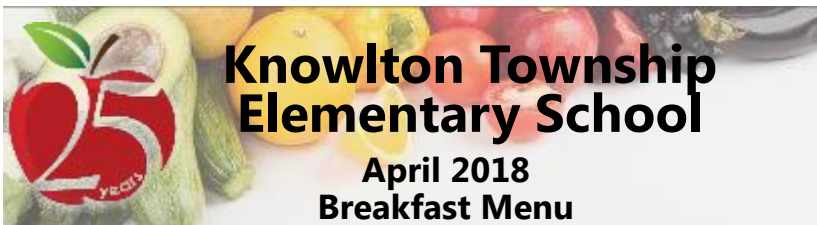
Prepaid Meals are available in the cafeteria:

**Please Make Checks Payable To:
Knowlton Township Board of Education**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



Knowlton Township Elementary School

April 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Bagel Bag:
Bagel with Cream Cheese or Butter

Cereal Bag:
Cereal Bowl with Graham Crackers

NUTRITION NEWS:

Eat the Colors of the Rainbow Week

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Student Breakfast

\$1.50

Adult Breakfast

\$2.00

Reduced Breakfast

\$0.30

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED	3 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	4 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	5 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	6 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection
9 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	10 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	11 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	12 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	13 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection
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30 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection				

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Please Visit:

www.maschiofood.com

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Maschio's
Food Services, Inc.

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