



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!

Beverage Choice:

Student Lunch \$3.25
 Entrée a la Carte \$2.00




Your Meal Comes w/ the Choice of:
 Flavored/Unflavored
 Low Fat Milk ,
 100% Fruit Juice, or Water

Maschio's Swap Outs

Monday: Chicken Caesar Salad
Tuesday: Breaded Chicken Sandwich
Wednesday: Turkey and Cheese Sandwich
Thursday: Ham and Cheese Sandwich
Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Yogurt Bag
 Bagel Bag

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
 <h1 style="color: purple;">Spring Recess! School Closed</h1>				
9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 Breakfast for Lunch Waffles Breakfast Sausages Oven Fries Fresh or Chilled Fruit	11 Pasta with Meat Sauce Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	12 Mini Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	13 Pizzeria Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 Meatless Monday Grilled Cheese Sandwich Tomatoes Soup Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip	18 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Pizzeria Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
<h2 style="color: purple;">Eat the Colors of the Rainbow Week</h2>				
23 Corn Dog Nuggets Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24  Breakfast for Lunch Pancake Breakfast Sausages Sweet Potatoes Fries Fresh or Chilled Fruit	25 Pasta with Meatballs Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 National Pretzel Day Grilled Ham & Cheese Sandwich Tomatoes Soup Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	27 Pizzeria Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit				

Connect with us!   

Please use your weekly envelopes to order lunch.
 Make Checks Payable to: **Maschio's Food Services, Inc.**

Questions or Concerns?
 Please Visit www.MaschioFood.com
 or Email Maschio's Food Manager at lunch@aolgfairview.org

MENU SUBJECT TO CHANGE



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