

# Reverend Brown School

January 2018  
Lunch Menu

**NUTRITION NEWS:** It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

### "SIDEKICKS"

Hot Pretzel	\$1.00
Soup w/ Crackers	\$1.25
Freshly Baked Cookie	\$0.50
Fresh Fruit	\$0.75
Assorted Chips	\$0.75
Yogurt	\$1.25
Pudding	\$0.75
Water 8 oz	\$0.75
Milk	\$0.50
Fruit Juice	\$0.75
Envy 100% Sparkling Juice	\$1.50
Flavored Water	\$1.50

Student Lunch \$4.00

Entrée a la Carte \$3.00

Adult Lunch \$4.00

### ALL MAIN EVENTS AND SWAP OUTS:

Your Meal comes with the choice of:  
Fruit and Vegetable  
Low Fat Milk or Water

### Maschio's Swap Outs

**Monday:** Yogurt Parfait Meal  
**Tuesday:** Cheeseburger on a Bun  
**Wednesday:** Grilled Cheese Sandwich  
**Thursday:** Hot Dog on a Bun  
**Friday:** Italian Sub Sandwich

Maschio's Swap Outs Available Daily

Bagel Bag  
Cereal Bag  
Turkey and Cheese Sandwich  
Chicken Nuggets with Dinner Roll  
Chicken Caesar Salad with Dinner Roll

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>Chicken Tenders</b> Mashed Potatoes Steamed Corn Fresh or Chilled Fruit	3 <b>Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Sautéed Broccoli 100% Juice Sorbet	5 <b>Villa Capri II Pizza</b> Baked Fries Freshly Prepared Garden Salad Fresh or Chilled Fruit
8 <b>Meatball Parm Hero</b> Fresh Veggie Dippers Fresh or Chilled Fruit	9 <b>Chicken &amp; Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, &amp; Salsa</b> Southwestern Corn Fresh or Chilled Fruit	10 <b>Breakfast For Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>National Milk Day</b> <b>Creamy Macaroni &amp; Cheese</b> Pretzel Stick Steamed Green Beans Fresh or Chilled Fruit	12 <b>Villa Capri II Pizza</b> Baked Fries Freshly Prepared Garden Salad Fresh or Chilled Fruit
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16  <b>Lucky Tray Day</b> <b>SCOOP-A-BOWL</b> Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	18 <b>Cheese Steak Hero</b> Baked Fries Fresh or Chilled Fruit	19 <b>Villa Capri II Pizza</b> Baked Fries Freshly Prepared Garden Salad Fresh or Chilled Fruit
22 <b>Meatless Monday</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 <b>Taco Tuesday</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	24 <b>Winter Picnic</b> <b>BBQ Grilled Chicken Sandwich</b> Country Slaw Baked Beans Fresh or Chilled Fruit	25 <b>Breakfast For Lunch</b> <b>French Toast</b> Breakfast Sausage Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	26 <b>Villa Capri II Pizza</b> Baked Fries Freshly Prepared Garden Salad Fresh or Chilled Fruit
29 <b>Crispy Chicken and Bacon Sandwich</b> Emoji Fries Fresh or Chilled Fruit	30 <b>Breakfast For Lunch</b> <b>Bacon, Egg and Cheese Sandwich</b> Potato Tots Strawberry Applesauce	31 <b>New Recipe!</b> <b>Pasta Alfredo with Chicken and Broccoli</b> Garlic Bread Fresh or Chilled Fruit		

POINT OF SALE SYSTEM AT REV. BROWN SCHOOL:  
ALL STUDENT'S WILL BE GIVEN A PIN TO ACCESS THEIR ACCOUNT.  
Please visit PAYFORIT.NET

To fund your child's online lunch account. Or, you may submit a check made payable to MASCHIO'S FOOD SERVICES, INC for your child's lunch account.  
**PLEASE NOTE: NO CASH ACCEPTED**

Questions or Concerns?  
Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: 973-598-0005

Connect with us!   

MENU SUBJECT TO CHANGE  
  
"This institution is an equal opportunity provider"