

# Hudson Arts & Science School

## March 2018 Lunch Menu

**NUTRITION NEWS:** Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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	\$2.90
Reduced Lunch	\$0.40
Adult Lunch	\$3.75

### Maschio's Swap Outs

**Monday:** Crispy Chicken Salad with a Dinner Roll  
**Tuesday:** Turkey & Cheese Sandwich  
**Wednesday:** Turkey Ham, and Cheese Sandwich  
**Thursday:** Italian Sub  
**Friday:** Tuna Salad Sandwich

### Maschio's Swap Outs Available Daily

Yogurt Bag  
 Bagel Bag  
 Cereal Bag

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 <b>Oven Baked Chicken</b> Rice Red Beans Fresh or Chilled Fruit	2 <b>Twisted Cheesy Breadsticks with Marinara Sauce</b> Rainbow Garden Salad "Pink Ink Yink" Sorbet  Dr. Seuss' Birthday Read Across America
5 <b>Popcorn Chicken</b> Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	6 <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 <b>Pasta with Meat Sauce</b> Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	8 <b>Breakfast for Lunch New Recipe! Bacon, Egg, &amp; Cheese on a Croissant</b> Battered French Fries Fresh or Chilled Fruit	9 <b>Mini Pizza Bagels</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
 National School Breakfast Week				
12 <b>Meatless Monday Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	13 <b>Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	14 <b>Roast Turkey with Gravy</b> Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	15 <b>Hamburger or Cheeseburger on a Bun</b> Potato Wedges Fresh or Chilled Fruit	16 <i>Lucky Tray Day!</i> <b>New Recipe! Bella's Pizza</b> New York Style Freshly Prepared Caesar Salad Gelatin Fruit Cups
19 <b>Crispy Chicken Sandwich</b> Emoji Fries Fresh or Chilled Fruit	20 <b>Spring Picnic Pretzel Dog</b> Baked Beans Country Slaw Fresh or Chilled Fruit  <i>1st Day of Spring</i>	21 <b>Meatball Parm Hero</b> Vegetable Medley Fresh or Chilled Fruit	22 <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Broccoli Fresh or Chilled Fruit	23 <b>Stuffed Crust Cheese Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 <b>Meatless Monday Cheese Lasagna Rollup with Marinara Sauce</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	27 <b>Chicken Nuggets</b> Dinner Roll Green Beans Fresh or Chilled Fruit	28 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit	29  <b>Taco Meat &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	30 <b>School Closed</b>

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](http://www.maschiofood.com)  
 or call Maschio's Food Services at your school

MENU SUBJECT TO CHANGE  
  
 Food Services, Inc.

"This institution is an equal opportunity provider"