



**NUTRITION NEWS:** May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

**ALL MAIN EVENTS AND SWAP OUTS:** Student Lunch \$4.00  
 Your meal comes with the choice of: Entrée Only \$3.00  
**Fruit and Vegetable**  
**Milk, or Water** Adult Lunch \$4.00

### Maschio's Swap Outs

**Monday:** Grilled Cheese Sandwich  
**Tuesday:** Cheeseburger on a Bun  
**Wednesday:** Ham, Turkey, and Cheese on a Bun  
**Thursday:** Mozzarella Sticks with Marinara Sauce  
**Friday:** Chef Salad with Dinner Roll

Maschio's Swap Outs Available Daily

**Bagel Meal**– Bagel with spread, Cheese Sticks, Fresh Fruit, Fresh Vegetable and Beverage  
**Chicken Caesar Salad** with Dinner Roll

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Breakfast for Lunch</b> Waffle Sticks Breakfast Sausages Tater Tots Fresh or Chilled	2 <b>Hamburger or Cheeseburger on a Bun</b> Tater Tots or French Fries Fresh or Chilled Fruit  <b>National Hamburger Month</b>	3  <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Steamed Rice Corn Fresh or Chilled Fruit	4 <del>STAR WARS DAY</del> <b>Lightsaber Pizza Sticks with Marinara Sauce</b> Chewbacca Cucumber Coins Fresh or Chilled Fruit  <b>School Lunch Hero Day</b>
7 <b>Chicken Nugget</b> Warm Breadstick Vegetable Medley Fresh or Chilled Fruit	8 <b>Alfredo Pasta with Garden Vegetables</b> Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 <b>Meatball Parm Sub</b> Peas and Carrots Fresh or Chilled Fruit	10 <b>Teriyaki Chicken with Rice</b> Steamed Broccoli Fresh or Chilled Fruit	11 <b>Pizza</b> Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 <b>Chicken Quesadilla</b> Rice and Beans Fresh or Chilled Fruit	15 <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh or Chilled Fruit	16  <b>Chicken Sticks with Waffle Sticks</b> Maple Cinnamon TaterTots Fresh or Chilled Fruit	17 <b>Chicken Nuggets</b> Southwestern Corn Fresh or Chilled Fruit	18 <b>Pizza</b> Freshly Prepared Salad Fresh or Chilled Fruit
<b>Vegetarian Awareness Week</b>				
21 <b>Crispy Chicken BLT Sandwich</b> Curly Fries Fresh or Chilled Fruit	22 <b>Hot Dog on a Bun</b> Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit <b>National BBQ Month</b>	23  Fresh or Chilled Fruit	24  Fresh or Chilled Fruit	25 <b>Bagged lunch</b> Hamburger or Hot Dog on a Bun Bag of Chips Chocolate chip Cookie
28 <b>Memorial Day</b>  <b>School Closed</b>	29	30	31	

Questions or Concerns? Please visit [www.maschiofood.com](http://www.maschiofood.com)  
 Or call Maschio's Food Services at: 407-277-3973

Cash, checks, and online payment are accepted.  
 Online payments can be made at [www.payforit.net](http://www.payforit.net)  
 Please make checks payable to:  
**Maschio's Food Services, Inc**

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"