



Harrison, Polk & Washington Schools

February 2018 Lunch Menu

NUTRITION NEWS: February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per 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	\$2.60
Reduced Lunch	\$0.40
Adult Lunch	\$3.35

Maschio's Swap Outs

Monday: Turkey & Cheese Hero
Tuesday: Turkey Ham & Cheese Hero
Wednesday: Turkey Ham & Cheese Hero
Thursday: Turkey & Cheese Hero
Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Grilled Cheese Sandwich
 Hot Dog on a Bun
 Tuna Sandwich
 Bagel Meal with Yogurt,
 Cheese Stick, & Carrots

**No Pork Served—
 All Ham Products Served are Turkey Ham*

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Super Bowl Celebration Chicken Tenders Dinner Roll Mashed Potatoes Corn Fresh or Chilled Fruit	2 Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6  Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Corn Fresh or Chilled Fruit	7  Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 Pasta with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Baked Ziti Warm Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
19 President's Day School Closed	20 Half Day Chicken Patty on a Bun Steamed Vegetables Fresh or Chilled Fruit	21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	22 Hot Ham & Cheese on a Bun Smile Fries Fresh or Chilled Fruit	23 Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Spaghetti with Meatballs Dinner Roll Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit	28 Hamburger on a Bun Oven French Fries Fresh or Chilled Fruit		

Our well-balanced lunches available for the week, average between 550-650 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) 298-2040 Ext 2076

Cash, checks and online payment are accepted.
 Online payments can be made at: www.payforit.net

Please Make Checks Payable To:
 Roselle Borough Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"