



Allamuchy School

February 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

February is **Heart Healthy Month!**

Your heart is a muscle and getting at

least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.

Student Lunch \$2.75

Reduced Lunch \$0.40

Adult Lunch \$3.70

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

Maschio's Swap Outs Available Daily

Chicken Patty on a Bun

Crispy Chicken Salad with a Roll

Bagel Bag Meal– Bagel and Cheese Sticks

Muffin Bag Meal– Muffin and Cheese Sticks

Cereal Bag Meal– Cereal, WG Pretzel and Cheese Sticks

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Day with Meat Sauce Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit	2 Stadium Pretzel Dog Smile Fries Fresh Orange Wedges Super Bowl Celebration	3 Personal Pan Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Chicken Nuggets Warm Pretzel Stick Sautéed Green Beans Fresh or Chilled Fruit	7 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	8 New Item! Ham & Cheese Melt on a Pretzel Bun Home-Style Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken Fajita Wrap with Cheddar Cheese, Peppers & Onions Battered French Fries Fresh or Chilled Fruit	10 NY Style Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
13 Crispy Chicken Sandwich Steamed Corn Fresh or Chilled Fruit	14 New Item! Grilled Cheese Sandwich Tomato Soup Baby Carrots Fresh or Chilled Fruit Heartzel's Pretzels Valentine's Day	15 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	16 French Bread Pizza Green Beans Fresh or Chilled Fruit	17 School Closed
20 School Closed Presidents' Day	21 Creamy Macaroni & Cheese Warm Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	22 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	23 All Beef Burger on a Bun with choice of toppings: Lettuce, Tomatoes, Spiral Fries Fresh or Chilled Fruit NASCAR "Race to Good Nutrition"	24 Stuffed Crust Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
27 New Item! Chicken & Cheese Quesadilla Corn Fresh or Chilled Fruit National Tortilla Day	28 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	 Keep your heart happy by choosing healthy options!		



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



Check us out on Facebook : Maschio's Food Services, Inc.

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
Or Call Maschio's Food Services at: 908-852-1894

Prepaid Meals are available in the cafeteria:
10 for \$2.75/ 20 for \$55.00

Please Make Checks Payable To:
Allamuchy Twp. School

MENU SUBJECT TO CHANGE


Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"