



# Lopatcong Elementary 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 \$3.50

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 MAIN EVENT

### Maschio's Swap Outs

**Monday:** Mozzarella Sticks With Marinara Sauce and Dinner Roll

**Tuesday:** Assorted Pizza

**Wednesday:** Pancakes w/ Breakfast Sausage

**Thursday:** Popcorn Chicken with Dinner Roll

**Friday:** Cheese Quesadilla with Salsa

### Maschio's Swap Outs Available Daily

**Muffin Bag** with Muffin and Cheese Sticks

**Cereal Bag** with Cereal, Heartzle Pretzles, and Cheese Sticks

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
|  |  | <b>1 Pasta Day with Meat Sauce</b><br>Garlic Breadstick<br>Vegetable Medley<br>Fresh or Chilled Fruit  | <b>2 Stadium Pretzel Dog</b><br>Smile Fries<br>Fresh Orange<br>Wedges<br><br><b>Super Bowl Celebration</b>   | <b>3 Pizza Express Pizza</b><br>Freshly Prepared Garden Salad<br>Fresh or Chilled Fruit             |
| <b>6 Chicken Nuggets</b><br>Warm Pretzel Stick<br>Sautéed Green Beans<br>Fresh or Chilled Fruit  | <b>7 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b><br>Steamed Corn<br>Fresh or Chilled Fruit   | <b>8 Grilled Cheese Melt on a Pretzel Bun</b><br>Fresh Veggie Dippers<br>Fresh or Chilled Fruit  | <b>9 Mozzarella Sticks with marinara Sauce</b><br>Cucumber Coins<br>Garlic Bread Stick<br>Fresh or Chilled Fruit   | <b>10 Pizza Express Pizza</b><br>Freshly Prepared Cucumber & Tomato Salad<br>Fresh or Chilled Fruit |
| <b>13 Popcorn Chicken</b><br>Honey Glazed Carrots<br>Dinner Roll<br>Fresh or Chilled Fruit   | <b>14 Breakfast for Lunch French Toast</b><br>Breakfast Sausages<br>Maple Cinnamon Sweet Potato Tots<br>Fresh or Chilled Fruit<br><b>Heartzel's Pretzels</b><br><br><b>Valentine's Day</b> | <b>15 New Item! Grilled Turkey and Cheese Sandwich</b><br>Fresh Veggie Dippers<br>Fresh or Chilled Fruit   | <b>16 Pizza Express Pizza</b><br>Freshly Prepared Garden Salad<br>Fresh or Chilled Fruit   | <b>17 School Closed</b>   |
| <b>20 School Closed</b><br><br><b>Presidents' Day</b>  | <b>21 Chicken Fries</b><br>Baked Beans<br>Green Beans<br>Dinner Roll<br>Fresh or Chilled Fruit   | <b>22 Lucky Tray Day Creamy Macaroni &amp; Cheese</b><br>Warm Pretzel Stick<br>Steamed Broccoli<br>Fresh or Chilled Fruit                              | <b>23 New Item! All Beef Burger on a Bun with choice of toppings: Lettuce, Tomatoes, &amp; Onions</b><br>Carrot Raisin Salad<br>Fresh or Chilled Fruit<br><b>NASCAR "Race to Good Nutrition"</b> | <b>24 Pizza Express Pizza</b><br>Freshly Prepared Italian House Salad<br>Fresh or Chilled Fruit     |
| <b>27 New Item! Chicken &amp; Cheese Quesadilla</b><br>Home-Style Veggie Tortilla Soup<br>Fresh or Chilled Fruit<br><b>National Tortilla Day</b> | <b>28 Breakfast for Lunch Waffles</b><br>Breakfast Sausages<br>Hash Browns<br>Fresh or Chilled Fruit   |  <p><b>Keep your heart happy by choosing healthy options!</b></p> |  |   |

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](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 908-859-0800

MENU SUBJECT TO CHANGE



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

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

**Please Make Checks Payable To:  
Lopatcong Board of Education**



"This institution is an equal opportunity provider"