



Lopatcong Middle 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.

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 \$2.75

Reduced Lunch \$0.40

Adult Lunch \$3.50

Fast & Fresh

Bagel Bag– Bagel with Cheese Sticks

Cereal Bag– Cereal, Hartzel Pretzels, and Cheese Sticks

MEDITERRANEAN BISTRO

NY Style or Personal Pan Pizza with Assorted Toppings

Great Grillers

Assorted Hamburgers with or without Cheese

Buffalo or Plain Chicken Patty on a Bun

Hot Dog on a Bun

Corn Dog

Deli Central

Freshly Prepared Assorted Quality Deli Sandwiches

Freshly Prepared Assorted Salad Meals with Whole Grain Rolls



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



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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatball Sandwich Vegetable Medley Fresh or Chilled Fruit	2 Stadium Pretzel Dog Smile Fries Fresh Orange Wedges Super Bowl Celebration	3 Pizza Express 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 Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
13 Crispy Chicken Sandwich Steamed Corn Fresh or Chilled Fruit	14 New Item! Grilled Turkey and Cheese with Bacon, Fresh Veggie Dippers Fresh or Chilled Fruit Hartzel's Pretzels Valentine's Day	15 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	16 Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	17 School Closed
20 School Closed Presidents' Day	21 Mozzarella Sticks with Marinara Sauce Warm Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	22 Lucky Tray Day Roast BBQ Chicken with Rice Baked Beans Green Beans Fresh or Chilled Fruit	23 New Item! All Beef Burger on a Bun with choice of toppings: Lettuce, Tomatoes, & Onions Carrot Raisin Salad Fresh or Chilled Fruit NASCAR "Race to Good Nutrition"	24 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
27 New Item! Chicken & Cheese Quesadilla Home-Style Veggie Tortilla Soup Fresh or Chilled Fruit National Tortilla Day	28 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	 <p>Keep your heart happy by choosing healthy options!</p>		

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: 908-859-0800

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Please Make Checks Payable To:
Lopatcong Board of Education