



Lopatcong Elementary School

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

Maschio's Swap Outs

Monday: Pizza Sticks With Marinara Sauce

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

Connect with us!



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 New Recipe! Boneless Chicken Wing Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 School Closed	6 Hamburger or Cheeseburger on a Bun Sweet Potato Tots Fresh or Chilled Fruit	7  New Recipe! Bbq Rib Sandwich Oven Baked Fries Fresh or Chilled Fruit	8  Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Sweet Peas Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Meat Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Chinese New Year Celebration General Tso's Beef with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 School Closed
19 President's Day School Closed	20 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	21 NASCAR "Race to Good Nutrition" Mini Cheese or Turkey Pepperoni Calzone Green Beans Fresh or Chilled Fruit	22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Breakfast for Lunch French Toast Breakfast Sausages Maple Cinnamon Sweet Potato Tots 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 Meatball Parm Hero Green Beans Fresh Veggie Dippers 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: 908-859-0800

Please Make Checks Payable To:
Lopatcong Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"