



Lopatcong Middle Middle 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

Fast & Fresh

Bagel Bag– Bagel with Cheese Sticks

Cereal Bag– Cereal, Heartzel 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

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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>			
5 School Closed	6 New Recipe! Southwest Chicken Flatbread with Salsa-Ranch Sauce Sweet Potato Tots Fresh or Chilled Fruit	7 Lucky Tray Day Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 SCOOP-A-BOWL 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 Green Beans Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Meatballs & Marinara Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	16 School Closed
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Baked Chicken Dinner Roll Oven Roasted Potato Wedges Fresh or Chilled Fruit	21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers 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 Crispy Chicken BLT on a Croissant Fresh Veggie Dippers 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 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit		

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

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"