



Mountain Villa 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	\$3.70

Maschio's Swap Outs Available Daily

Chicken Patty on a Bun

Bagel Bag Meal– Bagel and Cheese Sticks

Muffin Bag Meal– Muffin and Cheese Sticks

Cereal Bag Meal– Cereal, WG pretzels, and Cheese Sticks

Yogurt Bagel Meal – Yogurt, WG pretzels, and a Cheese Stick

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>			<p>1 Super Bowl Celebration <i>New Recipe!</i> Boneless Chicken Wing Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit</p>
<p>5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Green Beans Fresh or Chilled Fruit</p>	<p>6 Chicken Fries Dinner Roll Emoji Fries Fresh or Chilled Fruit</p>	<p>7 <i>Lucky Tray Day</i> Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit</p>	<p>8 Corn Dog Nuggets Baked Beans Fresh or Chilled Fruit</p>	<p>9 Chef's Choice Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>12 Chicken Nuggets Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit</p>	<p>13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit</p>	<p>14 Valentine's Day Spaghetti with Meatballs & Marinara Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce</p>	<p>15 Chinese New Year Celebration Popcorn Chicken with Sweet & Sour Dipping Sauce, Rice Steamed Broccoli Mandarin Oranges Fortune Cookie</p>	<p>16 School Closed</p>
<p>19 President's Day SCHOOL CLOSED</p>	<p>20 NASCAR "Race to Good Nutrition" Grilled Chicken Patty On a Bun Freshly Prepared Three Bean Salad Fresh or Chilled Fruit</p>	<p>21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>23 New Item! Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>26 Crispy Chicken On a Bun Baked Fries Fresh or Chilled Fruit</p>	<p>27 National Tortilla Chip Day <i>New Recipe!</i> Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa <i>Southwestern Slaw</i> Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch Pancakes Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit</p>		

Our well-balanced lunches are 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: 908-852-1894

Prepaid Meals are available in the cafeteria:
10 for \$28.50/ 20 for \$57.00

Please Make Checks Payable To:
Allamuchy Twp. School



"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE