



Allamuchy 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

Crispy Chicken Salad with a Roll

Bagel Bag Meal- Bagel and Cheese Sticks

Muffin Bag Meal- Muffin and Cheese Sticks

Cereal Bag Meal- Cereal, WG Pretzel and Cheese Sticks

Connect with us!



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

Monday



5 Meatless Monday Creamy Mac & Cheese
Warm Breadstick
Broccoli Italiano
Fresh or Chilled Fruit

12 Chicken Nuggets
Buttered Noodles
Sautéed Spinach
Fresh or Chilled Fruit

19 President's Day School Closed

26 Crispy Chicken BLT on a Croissant
Fresh Veggie Dippers
Fresh or Chilled Fruit

Tuesday

Keep your heart happy by choosing healthy options!

6 Chicken Fries
Dinner Roll
Emoji Fries
Fresh or Chilled Fruit

13 Breakfast for Lunch Waffles
Breakfast Sausages
Tater Tots
Fresh or Chilled Fruit

20 NASCAR "Race to Good Nutrition" Grilled Chicken Patty on a Bun
Freshly Prepared
Three Bean Salad
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

Wednesday

7 Lucky Tray Day
Hamburger or Cheeseburger on a Bun
Oven Baked Fries
Fresh or Chilled Fruit

14 Valentine's Day Spaghetti with Meatballs & Marinara Sauce
Warm Garlic Breadstick
Freshly Prepared Spring Mix Salad
Strawberry Applesauce

21 All-Natural Beef Hot Dog on a Bun
Baked Beans
Fresh Veggie Dippers
Fresh or Chilled Fruit

28 Breakfast for Lunch Pancakes
Breakfast Sausages
Maple Cinnamon
Sweet Potato Tots
Fresh or Chilled Fruit

Thursday

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

8 Mini Corn Dogs
Baked Beans
Fresh or Chilled Fruit

15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice
Steamed Broccoli
Mandarin Oranges
Fortune Cookie

22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa
Rice
Steamed Corn
Fresh or Chilled Fruit

Friday

2 Bella's Pizza New York Style
Freshly Prepared Italian House Salad
Fresh or Chilled Fruit

9 New Item! Pepperoni Pizza
Freshly Prepared Caesar Salad
Fresh or Chilled Fruit

16 School Closed

23 New Item! Pizza Crunchers with Marinara Sauce
Freshly Prepared Garden Salad
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: 908-852-1894

Prepaid Meals are available in the cafeteria:
10 for \$2.85/ 20 for \$57.00

Please Make Checks Payable To: Allamuchy Twp. School

MENU SUBJECT TO CHANGE

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"