



# Blairstown Elementary 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

Extra Entrée w/Lunch

\$1.90

Reduced Lunch \$0.40

### Maschio's Swap Outs

**Monday:** Cheeseburger on a Bun

**Tuesday:** Mozzarella Sticks with Dinner Roll

**Wednesday:** Chicken Nuggets with Dinner Roll

**Thursday:** Grilled Cheese Sandwich

**Friday:** Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Cereal Bag Meal

Bagel Bag Meal

# MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Pasta Day with Meat Sauce</b> Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit	2 <b>Stadium Pretzel Dog</b> Smile Fries Fresh Orange Wedges  <b>Super Bowl Celebration</b>	3 <b>Frank's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 <b>Popcorn Chicken</b> Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	7 <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit	8 <b>New Item! Ham &amp; Cheese Melt on a Pretzel Bun</b> Home-Style Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	9 <b>Chicken Fajita Wrap with Cheddar Cheese, Peppers &amp; Onions</b> Battered French Fries Fresh or Chilled Fruit	10 <b>Frank's Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
13 <b>Crispy Chicken Sandwich</b> Smile Fries Fresh or Chilled Fruit	14 <b>New Item! Turkey Club on a Roll with Turkey Bacon, Lettuce &amp; Tomatoes</b> Fresh Veggie Dippers Fresh or Chilled Fruit <b>Heartzel's Pretzels</b> <b>Valentine's Day</b>	15 <b>Pasta Day with Meatballs</b> Warm Breadstick Steamed Vegetables Fresh or Chilled Fruit	16 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Potato Wedges Fresh or Chilled Fruit	17 <b>School Closed</b>
20 <b>School Closed</b>  <b>Presidents' Day</b>	21 <b>New Item! Hot Roast Beef Sandwich w/Gravy</b> Mashed Potatoes Corn Fresh or Chilled Fruit	22 <b>Lucky Tray Day</b> <b>Roast BBQ Chicken with Rice</b> Baked Beans Vegetable Medley Fresh or Chilled Fruit	23 <b>New Item! All Beef Burger on a Bun with choice of toppings: Lettuce, Tomatoes, &amp; Onions</b> Carrot Raisin Salad Fresh or Chilled Fruit  <b>NASCAR "Race to Good Nutrition"</b>	24 <b>Frank's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
27 <b>New Item! Chicken &amp; Cheese Quesadilla</b> Home-Style Veggie Tortilla Soup Fresh or Chilled Fruit <b>National Tortilla Day</b>	28 <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	 <p><b>Keep your heart happy by choosing healthy options!</b></p>		



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

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!

MENU SUBJECT TO CHANGE



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

Questions or Concerns?  
Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: 908-362-6111 x108

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