



Garwood Public 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

Reduced Lunch \$0.40

Adult Lunch \$3.75

MASCHIO'S MAIN EVENT

Maschio's Swap Outs

Monday: Grilled Chicken Caesar Wrap or Mozzarella Sticks with Dinner Roll

Tuesday: Italian Sub or Chicken Tenders with Dinner Roll

Wednesday: Chicken Caesar Salad or Hot Dog on a Bun

Thursday: Crispy Chicken Salad or Cheeseburger on a Bun

Friday: Tuna Sandwich or Chicken Sandwich

Maschio's Swap Outs Available Daily

Bagel Bag
Cereal Bag
Bagel Bag with Yogurt & Cheese
PB&J

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Domino's Pizza Freshly Prepared Cucumber Slices Fresh or Chilled Fruit	2 Stadium Pretzel Dog Smile Fries Fresh Orange Wedges Super Bowl Celebration	3 Half Day No Lunch Served
6 Chicken Nuggets Warm Pretzel Stick Green Bean Salad Fresh or Chilled Fruit	7 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	8 Domino's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	9 Chicken Fajita Wrap with Cheddar Cheese, Peppers & Onions Battered French Fries Fresh or Chilled Fruit	10 New Item! Ham & Cheese Melt on a Pretzel Bun Home-Style Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit
13 Crispy Chicken Sandwich Steamed Corn Fresh or Chilled Fruit	14 New Item! Chicken Club on a Roll with Chicken Bacon, Lettuce & Tomatoes Fresh Veggie Dippers Fresh or Chilled Fruit Heartzel's Pretzels Valentine's Day	15 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	16 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	17 School Closed
20 School Closed Presidents' Day	21 Chicken Teriyaki Fluffy Rice Steamed Broccoli Fresh or Chilled Fruit	22 Domino's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	23 New Item! All Beef Burger on a Bun with choice of toppings: Lettuce, Tomatoes, & Onions Carrot Raisin Salad Fresh or Chilled Fruit NASCAR "Race to Good Nutrition"	24 Lucky Tray Day BBQ Chicken Sandwich Baked Beans Fresh or Chilled Fruit
27 New Item! Chicken & Cheese Quesadilla Home-Style Veggie Tortilla Soup Fresh or Chilled Fruit National Tortilla	28 Breakfast for Lunch Egg & Cheese Sandwich Breakfast Sausages Hash Browns Fresh or Chilled Fruit	 <p>Keep your heart happy by choosing healthy options!</p>		



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

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) 789-1893

Please Make Checks Payable To:

Garwood Board of Ed

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)