



Holland Township 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 \$2.85

Reduced Lunch \$0.40

Adult Lunch \$3.50

MASCHIO'S MAIN EVENT

Maschio's Swap Outs Available Daily

Bagel Bag with Cheese

Pizza

Yogurt Bag with Graham Crackers

Cereal Bag

Turkey Sandwich

Peanut Butter & Jelly Sandwich

Salad with Greens, Protein, Fruit

and a Dinner Roll

Chicken Nuggets

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

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: 908-995-2401

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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



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