



Holland Township 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	\$3.50

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

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Keep your heart happy by choosing healthy options!</i></p>			<p>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</p>
<p>5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p>6 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>7 Early Dismissal No Lunch Served</p>	<p>8 Hamburger on a Bun Baked French Fries Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>9 New Item! Pepperoni 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 Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie</p>	<p>16 Mezza Luna Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>19 President's Day School Closed</p>	<p>20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Freshly Prepared Three Bean Salad Fresh or Chilled Fruit</p>	<p>21 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>22 All Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>23 Personal Pan Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>26 Crispy Chicken BLT on a Croissant Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</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"