



# Decker 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	\$2.75
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

### Maschio's Swap Outs Available Daily

- Cereal Bag Meal
- Bagel Bag Meal
- PB & J Meal
- Yogurt Parfait Meal
- Chicken Tenders w/ a Dinner Roll

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>5 Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	<b>6 Roast Turkey w/ Gravy</b> Mashed Potatoes Corn Fresh or Chilled Fruit	<b>7 Lucky Tray Day</b> <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	<b>1 Super Bowl Celebration All-Natural Beef Hot Dog on a Bun</b> French Fries Fresh Veggie Dippers Fresh or Chilled Fruit	<b>2 Bella's Pizza New York Style</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>12 Chicken Nuggets</b> Buttered Noodles Steamed Vegetables Fresh or Chilled Fruit	<b>13 Breakfast for Lunch Waffles</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	<b>14 Valentine's Day Spaghetti with Meatballs &amp; Marinara Sauce</b> Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	<b>8 SCOOP-A-BOWL</b> <b>Fajita Chicken &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> <b>Tostitos SCOOPS!® Tortilla Chips</b> Southwestern Corn Fresh or Chilled Fruit	<b>9 Vinny's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>19 President's Day</b> <b>School Closed</b>	<b>20 NASCAR "Race to Good Nutrition" New Recipe!</b> <b>Boneless Chicken Wing Basket with Tater Tots &amp; Soft Pretzel Stick</b> Fresh Celery Sticks with Dip Fresh or Chilled Fruit	<b>21 All-Natural Beef Hot Dog on a Bun</b> Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	<b>15 Chinese New Year Celebration Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie	<b>16 School Closed</b>
<b>26 Crispy Chicken on a Bun</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>27 National Tortilla Chip Day New Recipe!</b> <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	<b>28 Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>22 Grilled Cheese Sandwich Chicken Noodle Soup</b> Steamed Vegetables Fresh or Chilled Fruit	<b>23 Vinny's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit

Our well-balanced lunches available for the week, average between 550-650 calories.

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at: (973)398-6400 x215

POINT OF SALE SYSTEM AT MT ARLINGTON SCHOOL:  
 ALL STUDENT'S ARE GIVEN A PIN TO ACCESS THEIR ACCOUNT.  
 Please visit PAYFORIT.NET to fund your child's online lunch account. You may also send in cash or check.

**Please Make Checks Payable To: Mt. Arlington B.O.E.**

MENU SUBJECT

"This institution is an equal opportunity provider"