



Mount Arlington

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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

Maschio's Swap Outs

Monday: Grilled Cheese Sandwich
Tuesday: Hot Dog on a Bun
Wednesday: Cheeseburger on Bun
Thursday: Turkey and Cheese Sandwich
Friday: Chicken Caesar Wrap

Maschio's Swap Outs Available Daily

PB&J Meal
 Bagel Meal
 Garden Salad with Chicken and a Dinner Roll
 Yogurt Parfait Meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Super Bowl Celebration Hot Dog on a Bun Baked Beans Country Coleslaw Fresh or Chilled Fruit	2 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 Roast Turkey w/ Gravy Mashed Potatoes Steamed Vegetables Fresh or Chilled Fruit	7 Lucky Tray Day Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	9 Vinny's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Meatballs & Marinara Sauce Warm Garlic Breadstick Caesar Salad Jello	15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 School Closed
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" New Recipe! Boneless Chicken Wing Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	21 Cheese Steak Hero w/Peppers & Onions Baked Fries Fresh Veggie Dippers Fresh or Chilled Fruit	22 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Corn and Black Bean Salad Fresh or Chilled Fruit	23 Vinny's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Crispy Chicken BLT on a Croissant Fresh Veggie Dippers Fresh or Chilled Fruit	27 National Tortilla Chip Day Chicken and Cheese Quesadilla Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Potato Tots Fresh or Chilled Fruit		

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: (973) 398-4400 x317

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 TO CHANGE



"This institution is an equal opportunity provider"