



Anna C Scott 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!

<p>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</p>	Student Lunch	\$2.85
	Reduced Lunch	\$0.40
	Adult Lunch	\$3.35

Maschio's Swap Outs Available Daily

Turkey & Cheese Sandwich

Strawberry Fields Chicken Salad with Pita

Ham & Cheese Sandwich

Salami & Cheese Sandwich

Peanut Butter & Jelly Sandwich Meal

Fruit & Yogurt Parfait Meal

Bagel with Yogurt Bag Meal

Fruit & Cheese Platter with Pita

Available Friday: Tuna Sandwich

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 <i>New Recipe!</i> 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 Popcorn Chicken Fresh Veggie Dippers Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>7 <i>Lucky Tray Day</i> Hamburger or Cheeseburger on a Bun Emoji Fries Fresh or Chilled Fruit</p>	<p>8 <i>SCOOP-A-BOWL</i> Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS![®] Tortilla Chips Southwestern Corn Fresh or Chilled Fruit</p>	<p>9 <i>New Item!</i> Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>12 Chicken Nuggets Buttered Noodles Vegetable Medley Fresh Blueberries</p>	<p>13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh Bananas</p>	<p>14 Valentine's Day Pasta with Meatballs & Marinara Sauce Warm Garlic Breadstick Red Pepper Dippers Strawberry Applesauce</p>	<p>15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Seasoned Yams Mandarin Oranges Fortune Cookie</p>	<p>16 Personal Pan Pizza Cucumber Coins Fresh or Chilled Fruit</p>
<p>Eat the Colors of the Rainbow Week!</p>				
<p>19 President's Day School Closed</p>	<p>20 School Closed</p>	<p>21 Popcorn Chicken Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit</p>	<p>22 All-Natural Beef Hot Dog on a Bun Baked Beans Emoji Fries Fresh or Chilled Fruit</p>	<p>23 <i>New Item!</i> Pizza Crunchers with Marinara Sauce 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 <i>New Recipe!</i> 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

MENU SUBJECT TO CHANGE

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 973-598-0005

Lunch Tickets are available in the cafeteria:
10 for 28.50/ 20 for \$57.00

**Please Make Checks Payable To:
Leonia Board of Education**



"This institution is an equal opportunity provider"