

Leonia High School

February 2018
Lunch Menu

Student Lunch \$2.85 Reduced Lunch \$0.40 Adult Lunch \$3.35

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

Fast & Fresh

NY Style or Personal Pan Pizza with a Variety of Toppings
~~~~~  
Assorted Freshly Prepared Specialty Salad Meals

**Great Grillers**

- ◆ Hamburger or Cheeseburger on a Bun
- ◆ Crispy or Grilled Chicken Sandwich
- ◆ Philly Cheesesteak Sandwich

**Deli Central**

Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings  
Soup and sandwich

**Harvest Market**

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

Our well-balanced lunches available for the week, average between **600-700 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Connect with us!



Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)

Or Call Maschio's Food Services at: (973) 598-0005

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

|                                                                                                                                                     |                                                                                                                                                                                                         |                                                                                                                                                                                                      |                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Keep your heart happy by choosing healthy options!</b></p> |                                                                                                                                                                                                         | <p><b>1 Super Bowl Celebration Buffalo Chicken Dip with Soft Pretzel Sticks</b><br/>Fresh Celery Sticks with Dip<br/>Tater Tots<br/>Fresh or Chilled Fruit</p>                                       | <p><b>2 Meatball Parm Hero</b><br/>Freshly Prepared Italian House Salad<br/>Fresh or Chilled Fruit</p>                                                                                        |
| <p><b>5 Meatless Monday Creamy Mac &amp; Cheese</b><br/>Warm Breadstick<br/>Broccoli Italiano<br/>Fresh or Chilled Fruit</p>                        | <p><b>6 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce</b><br/>Sweet Potato Tots<br/>Fresh or Chilled Fruit</p>                                                                          | <p><b>7 Philly Cheesesteak Hero with Peppers &amp; Onions</b><br/>French Fries<br/>Fresh or Chilled Fruit</p>                                                                                        | <p><b>8 Fajita Chicken &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b><br/><b>Tostitos SCOOPS® Tortilla Chips</b><br/>Southwestern Corn<br/>Fresh or Chilled Fruit</p> |
| <p><b>12 Plain or Spicy Chicken Tender Basket</b><br/>with Tater Tots &amp; Warm Breadstick<br/>Fresh or Chilled Fruit</p>                          | <p><b>13 Breakfast for Lunch New Recipe! Breakfast Burrito Bowl with Scrambled Eggs, Turkey Bacon, Shredded Cheddar Cheese, Tater Tots, &amp; Salsa</b><br/>Warm Biscuit<br/>Fresh or Chilled Fruit</p> | <p><b>14 Valentine's Day Spaghetti with Meatballs &amp; Marinara Sauce</b><br/>Warm Garlic Breadstick<br/>Freshly Prepared Spring Mix Salad<br/>Strawberry Applesauce<br/>Fresh or Chilled Fruit</p> | <p><b>15 Chinese New Year Celebration General Tso's Popcorn Chicken with Rice</b><br/>Steamed Broccoli<br/>Mandarin Oranges<br/>Fortune Cookie</p>                                            |
| <p><b>19 President's Day</b><br/><b>School Closed</b></p>                                                                                           | <p><b>20 School Closed</b></p>                                                                                                                                                                          | <p><b>21 BBQ Grilled Chicken Sandwich</b><br/>Baked Beans<br/>Asian Slaw<br/>Fresh or Chilled Fruit</p>                                                                                              | <p><b>22 Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato &amp; Salsa</b><br/>Rice<br/>Steamed Corn<br/>Fresh or Chilled Fruit</p>                                               |
| <p><b>26 Crispy Chicken BLT on a Croissant</b><br/>French Fries<br/>Fresh or Chilled Fruit</p>                                                      | <p><b>27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b><br/><b>Southwestern Slaw</b><br/>Fresh or Chilled Fruit</p>     | <p><b>28 Breakfast for Lunch Sausage Egg &amp; Cheese on a Kaiser Roll</b><br/>Maple Cinnamon<br/>Sweet Potato Tots<br/>Fresh or Chilled Fruit</p>                                                   | <p><b>23 Pizza Crunchers with Marinara Sauce</b><br/>Freshly Prepared Garden Salad<br/>Fresh or Chilled Fruit</p>                                                                             |

MENU SUBJECT TO CHANGE

Prepaid Meals are available in the cafeteria or **payforit.net**: 10 for \$28.50 / 20 for \$57.00

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

