

# Leonia Middle 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  
**NEW: \* Salad Bar with Choice of Lean Protein, Whole Grain Roll, and Assorted Fresh Vegetables Daily \***

**Great Grillers**

- ◆ Hamburger or Cheeseburger on a Bun
- ◆ Crispy or Grilled Chicken Sandwich
- ◆ Philly Cheesesteak Sandwich
- ◆ **NEW: \*Grilled Chicken Wraps**

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

