

Student Lunch **\$2.80** Reduced Lunch **\$0.40** Adult Lunch **\$4.60**

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

Yogurt Parfaits, Vegetable & Fruit Cups, Hot Pretzels, Fresh Baked Cookies & more!

MEDITERRANEAN BISTRO

NY Style or Personal Pan Pizza with a Variety of Toppings

Great Grillers

**Hamburger or Cheeseburger on a Bun
Crispy Chicken Sandwich
Spicy Buffalo Chicken Sandwich
Cheesesteak Hero
Chicken & Fries Basket**

Deli Central

**Assorted Sandwiches:
Quality Deli Meats & Cheeses on Fresh Rolls, Breads, & Wraps.
Freshly Prepared Signature Salads**

Harvest Market

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

The Main Event

Monday

Tuesday


Wednesday

Thursday

Friday



Keep your heart happy by choosing healthy options!

			1 Super Bowl Celebration Grilled Chicken and Bacon Sandwich Tater Tots Fresh or Chilled Fruit	2 Papa John's Day! Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 BBQ Chicken on the Bone Vegetable Medley Dinner Roll Fresh or Chilled Fruit	6 New Item! Fish Sticks Smile Fries Fresh or Chilled Fruit	7 Mac and Cheese Steamed Broccoli Warm Breadstick Fresh or Chilled Fruit	8 Hamburger or Cheeseburger French Fries Fresh or Chilled Fruit	9 Flatbread Pizzas Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Tenders with Dipping Sauces Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 Breakfast for Lunch Bacon, Egg, and Cheese on a Roll Hash Browns Fresh or Chilled Fruit	14 Valentine's Day Lasagna Rollup Freshly Prepared Salad Dinner Roll Strawberry Applesauce	15 Chicken and Cheese Quesadillas Southwestern Corn Fresh or Chilled Fruit	16 Half Day No Lunch Served
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" French Toast Sticks Crispy Bacon Smile Fries Fresh or Chilled Fruit	21 Twin Tacos Confetti Rice Shredded Cheddar Cheese, Lettuce, Tomato, and Salsa Steamed Corn Fresh or Chilled Fruit	22 Hot Dogs with Chili and Cheese French Fries Fresh or Chilled Fruit	23 Pizza Bagels Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Chicken Sticks Warm Pretzel Stick French Fries Fresh or Chilled Fruit	27 Build Your Own Wraps Crispy or Grilled Chicken Steamed Corn Fresh or Chilled Fruit	28 Pizza Crunchers Freshly Prepared Caesar Salad Fresh or Chilled Fruit		

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!



MENU SUBJECT TO CHANGE

Questions or Concerns?

Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 732-381-1307



"This institution is an equal opportunity provider"