



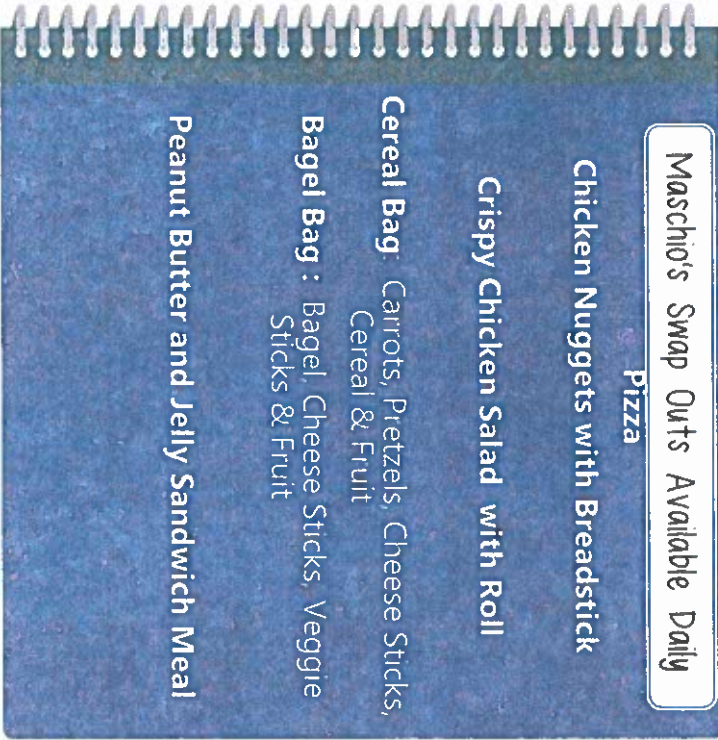
# Clark Valley Road School

**February 2019  
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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$4.60



*Keep your heart happy by choosing healthy options!*

Monday	Tuesday	Wednesday	Thursday	Friday
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**1 Deep Dish Pizza**  
Freshly Prepared Italian House Salad  
Fresh or Chilled Fruit

<b>4 Sweet &amp; Sour Chicken and Rice</b> Stir-Fry Vegetables Fresh or Chilled Fruit	<b>5 Breakfast for Lunch</b> <b>Mini Maple Waffles</b> Breakfast Sausages Sweet Potato Waffle Fries Fresh or Chilled Fruit	<b>6 Chef Day!</b> <b>Pulled Pork Sandwich or Fajita Chicken Sandwich</b> Cornbread Coleslaw BBQ Baked Beans Fresh or Chilled Fruit	<b>7 Twisted Cheesy Breadsticks</b> with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>8 Personal Pan Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
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<b>11 Popcorn Chicken</b> Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit	<b>12 Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausages Hash Brown Rounds Fresh or Chilled Fruit	<b>13 New Item!</b> <b>Mac and Cheese</b> Cornbread Muffin Green Beans Fresh or Chilled Fruit	<b>14 Valentine's Day</b> <b>Bacon, Egg, and Cheese Sandwich</b> Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>15 Half Day No Lunch Served</b>
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<b>18 President's Day School Closed</b>	<b>19 Breakfast for Lunch</b> <b>Maple Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	<b>20 <i>quack!</i> Froggy Fun!</b> <b>New Item!</b> <b>Italian Sampler</b> with Breaded Ravoli and Mozzarella Sticks with Marinara Sauce Veggie Dippers Fresh or Chilled Fruit	<b>21 Meatball Parm Sub</b> Sautéed Broccoli Fresh or Chilled Fruit	<b>22 Domino's Day!</b> <b>Domino's Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>25 Chicken Tenders</b> Warm Breadstick Steamed Peas Fresh or Chilled Fruit	<b>26 Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Brown Sticks Fresh or Chilled Fruit	<b>27 Baked Ziti</b> Garlic Bread Italiano Green Beans Fresh or Chilled Fruit	<b>28 Grilled Cheese Sticks</b> Tomato Soup Fresh or Chilled Fruit	

Connect with us!   



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

Our well-balanced lunches available for the week, average between 550-650 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](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: 732-361-8100



MENU SUBJECT TO CHANGE

\*This institution is an equal opportunity