



Park Lake 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!

All meals are served with the Vegetable of the Day, Fruit of the Day and Milk or Water

Student Lunch	\$2.40
Reduced Lunch	\$0.40
Adult Lunch	\$2.90

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich

OR

Cereal Bag- Cereal, Graham Crackers, and American Cheese Slices

Served with Vegetable of the Day, Fruit, and Beverage Choice

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Super Bowl Celebration Corn Dog Nuggets Baked Beans Carrot Sticks Fresh or Chilled Fruit	2 Pizza or Pizza Sticks Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Chicken Tender Sandwich Chicken Noodle Soup Veggie Dipper Fresh or Chilled Fruit	6 Mini Waffle Potato Wedge Sausage Fresh or Chilled Fruit	7 Lucky Tray Day  Sweet and Sour Chicken Over Rice Broccoli Fortune Cookie Mandarin Oranges	8 Cheese Burger Sweet Potatoes Carrot Sticks Fresh or Chilled Fruit	9 Pizza or Pizza Sticks Freshly Prepared Salad Fresh or Chilled Fruit
12 Chicken Nuggets Mashed Potatoes Fresh or Chilled Fruit	13 Beef Hot Dog Baked Beans Veggie Dippers Fresh or Chilled Fruit	14 Valentine's Day Cheese Burger Mac and Cheese or Chicken Nuggets Broccoli Fresh Fruit	15 Baked Ziti Garlic Bread Honey Glazed Carrots Fresh Fruit	16 Pizza or Pizza Sticks Freshly Prepared Salad Fresh or Chilled Fruit
19 President's Day School Closed	20 School Closed	21 Chicken Nuggets Dinner Roll Corn Fresh or Chilled Fruit	22 Meat Ball Sub Veggie Dippers Fresh or Chilled Fruit	23 Pizza or Pizza Sticks Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Crispy Chicken Tenders Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit	27 Mini Waffles Sausage Potato Wedges Fresh or Chilled Fruit	28 Chicken Fried Rice or Chicken Nuggets Vegetable Medley Fresh or Chilled Fruit		

Our well-balanced lunches available for the week meet the age-appropriate calorie requirements, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: (973) 983-1099

Please Make Checks Payable To: ESC of Morris County

Connect with us!



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"