

Regional Day 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 Juice.

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

Maschio's Swap Outs Available Daily

Egg Salad Sandwich with Soup
or
Tuna Salad Sandwich with Soup

Served with Vegetable of the Day,
Fruit and Beverage Choice



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Keep your heart happy by choosing healthy options!</i></p>		<p>1 Super Bowl Celebration Chili over White Rice Steamed Corn Banana Bread</p>	<p>2 Assorted Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>5 Boneless Rib Sandwich Mashed Sweet Potatoes Banana Bread</p>	<p>6 Crispy Chicken over Caesar Salad Tomato Soup Fresh or Chilled Fruit</p>	<p>7 Lucky Tray Day BBQ Grilled Chicken Sandwich with Cheddar Cheese and Bacon Baked Beans Fresh or Chilled Fruit</p>	<p>8 Pancakes Sausage Hash Brown Fresh Fruit</p>	<p>9 Assorted Pizza Freshly Prepared Salad Fresh or Chilled Fruit</p>
<p>12 Cheese Burger Macaroni Mixed Vegetables Fresh or Chilled Fruit</p>	<p>13 Ravioli w/ Meatballs Green Beans Fresh or Chilled Fruit</p>	<p>14 Valentine's Day Grilled Cheese Tomato Soup Fresh or Chilled Fruit</p>	<p>15 Bacon Cheese Burger Oven Baked Fries Fresh or Chilled Fruit</p>	<p>16 Assorted Pizza Freshly Prepared Salad Fresh or Chilled Fruit</p>
<p>19 President's Day School Closed</p>	<p>20 School Closed</p>	<p>21 Crispy Chicken Platter Mashed Potatoes w/ Gravy Carrots Fresh or Chilled Fruit</p>	<p>22 Swedish Meatballs Rice Green Beans Fresh or Chilled Fruit</p>	<p>23 Assorted Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>26 Sweet and Sour Chicken Rice Vegetable Medley Fresh or Chilled Fruit</p>	<p>27 Chicken Parmesan Sandwich Baked Fries Tossed Salad Fresh or Chilled Fruit</p>	<p>28 Chicken Tenders Baked Beans Mashed Sweet Potatoes Fresh or Chilled Fruit</p>		

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: 973-539-9630

Please Make Checks Payable To: ESC of Morris County

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MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"