



Conley 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 Student Lunch \$2.90
of the Day and/or a selection from Reduced Lunch \$0.40
Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice Adult Lunch \$3.50

Maschio's Swap Outs Available Daily

- Muffin Bag Meal
- Cereal Bag Meal
- Cheeseburger on a Bun
- Assorted Pizza

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>			
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 Pulled Pork Sandwich on a Bun Tater Tots Country Slaw Fresh or Chilled Fruit	7 Lucky Tray Day  Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 Grilled Cheese On A Pretzel Bun Tomato Soup Cucumber Coins Fresh or Chilled Fruit	9 Rosata's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Green Beans Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Cheese Calzone & Marinara Sauce Freshly Prepared Italian Salad Strawberry Applesauce	15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Chilled or Fresh Fruit Fortune Cookie	16 School Closed
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Oven Baked Chicken Buttered Noodles Freshly Prepared Hot Vegetable Fresh or Chilled Fruit	21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 Rosata's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Grilled Ham & Cheese Baked Fries Veggie Dippers Fresh or Chilled Fruit	27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit		

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!

Payments to Students accounts may be made by sending a check payable to Bethlehem Twp BOE to the cafeteria or online at PAYFORIT.NET

Questions or Concerns? Please visit www.MaschioFood.com Or Call Maschio's Food Services at: (908)537-4044

Please note: not all foods offered are allergen free. Please contact Maschio's Dietitians at 973-598-0005 for any allergy concerns.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"