



# West Amwell Township School

South Hunterdon Regional  
School District

## 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 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

### Maschio's Swap Outs

Feb 1-2 Cheeseburger on a Bun

Feb 5-9 : Strawberry Yogurt Bag

Feb 12-16 : Crispy Chicken and Cheese

Feb 19-23: Blueberry Muffin Bag

Feb 26th- March 2nd: Hamburger on a Bun

Maschio's Swap Outs Available Daily

Bagel Bag Meal

Cereal Bag Meal

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Keep your heart happy by choosing healthy options!</b>		1 <b>Super Bowl Celebration</b> <b>New Recipe!</b> <b>Boneless Chicken Wing Basket with Tater Tots &amp; Soft Pretzel Stick</b> Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 <b>Panatieri's Cheese Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 <b>Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 <b>New Recipe!</b> <b>Southwest Turkey Flatbread with Salsa-Ranch Sauce</b> Sweet Potato Tots Fresh or Chilled Fruit	7 <b>Lucky Tray Day</b>  <b>Chicken Parm</b> on a Bun Green Beans Fresh or Chilled Fruit	8 <b>SCOOP-A-BOWL</b>  <b>Chicken Quesadilla</b> Southwestern Corn Garden Fresh Salsa Fresh or Chilled Fruit	9 <b>Panatieri's Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 <b>Hamburger Or Cheeseburger</b> Baked Fries Fresh or Chilled Fruit	13 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 <b>Valentine's Day</b> <b>Baked Ziti</b> Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 <b>Chinese New Year Celebration</b> <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie	16 <b>Assorted Cheese Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
19 <b>President's Day</b> <b>School Closed</b>	20 <b>NASCAR "Race to Good Nutrition"</b> <b>Grilled Chicken Caesar Salad Wrap</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit	21 <b>Pasta w/ Meatballs</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	22 <b>Twin Tacos</b> with Taco Meat, Shredded Cheddar Cheese <b>Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	23 <b>Panatieri's Cheese Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 <b>Crispy Chicken BLT on a Croissant</b> Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>National Tortilla Chip Day</b> <b>New Recipe!</b> <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> <b>Southwestern Slaw</b> Fresh or Chilled Fruit	28 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit		

Our well-balanced lunches available for the week, average between 600-650 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: (609)397-0819

**Lunch Money On Account**  
**ON LINE MEAL PAYMENTS! [www.payforit.net](http://www.payforit.net)**

OR  
Send In An Envelope With Student Name, Grade & School  
Attention "Food Service"

**Checks or Money Orders payable to:  
South Hunterdon Regional School District**



MENU SUBJECT  
TO CHANGE

"This institution is an equal opportunity provider"