

# Bergen Arts & Science Elementary 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 and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch \$2.90  
Reduced Lunch \$0.40

### Maschio's Swap Outs

- Monday:** Turkey & Cheese Sandwich
- Tuesday:** Italian Sub Sandwich
- Wednesday:** Bologna Sandwich
- Thursday:** Crispy Chicken Salad with Dinner Roll
- Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

### Halal Sandwiches Available Daily

- Peanut Butter & Jelly Sandwich
- Yogurt Bag
- Bagel Bag
- Cereal Bag

Connect with us!   



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>		1 <b>Super Bowl Celebration New Recipe! Boneless Chicken Wing Basket with Tater Tots &amp; Soft Pretzel Stick</b> Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 <b>Bella's Pizza New York Style</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 <b>Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Sweet Peas Fresh or Chilled Fruit	6 <b>New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce</b> Sweet Potato Tots Fresh or Chilled Fruit	7 <b>Lucky Tray Day</b>  <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	8 <b>SCOOP-A-BOWL</b>  <b>Fajita Chicken &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> Tostitos SCOOPS® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 <b>New Item! Pepperoni Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 <b>Chicken Nuggets</b> Buttered Noodles Steamed Carrots Fresh or Chilled Fruit	13 <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 <b>Valentine's Day Spaghetti with Meatballs &amp; Marinara Sauce</b> Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 <b>Chinese New Year Celebration Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie	16 <b>School Closed</b>
19 <b>President's Day School Closed</b>	20 <b>NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit	21 <b>All-Natural Beef Hot Dog on a Bun</b> Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	22 <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese</b> Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 <b>New Item! Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 <b>Crispy Chicken on Bun</b> French Fries Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Southwestern Slaw Fresh or Chilled Fruit	28 <b>Breakfast for Lunch Pancakes</b> 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!**

Questions or Concerns?  
Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: (862)247-8510



"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE