



Bloomsbury

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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

Maschio's Swap Outs Available Daily

Muffin Bag: Muffin, Mozzarella Cheese Sticks, Veggie Sticks, and Fruit


Pizza Bagels

Grilled or Crispy Chicken Garden Salad with Dinner Roll

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 Super Bowl Celebration Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	2 Casola's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Green Beans Fresh or Chilled Fruit	6 Sausage Egg and Cheese on a Bun Hash Brown Potato Fresh or Chilled Fruit	7  Meatball Sub on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 Cheese Calzone with Marinara Sauce Cucumber Coins Fresh or Chilled Fruit	9 Casola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Green Peas Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles or French Toast Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Ravioli with Marinara Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Chilled or Fresh Fruit	15 Chinese New Year Celebration Popcorn Chicken with Rice Steamed Corn Fortune Cookie Chilled or Fresh Fruit	16 School Closed
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Freshly Prepared Three Bean Salad 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 Casola's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Grilled Ham & Cheese Sandwich Fresh Veggie Dippers Tomato Soup Fresh or Chilled Fruit	27 National Tortilla Chip Day Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Corn 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 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
or call Maschio's Food Services at: (908) 479-4414

Lunch Tickets are available in the cafeteria:
5 for \$15.00/ 10 for \$30.00 /20 for \$60.00
Please Make Checks Payable To:
Bloomsbury School District

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"